



Ballou Basketball

Team Rules and Procedures

Code of Conduct

Any conduct detrimental toward the success of the team can lead to a player's dismissal. Coaches will evaluate and determine overall outcomes.

Missed Practice

If a player skips a practice or the absence is unexcused, she will not participate in the next contest. The player will be removed from the team on the second offense. If a player knows she is going to be absent, late, or needs to leave early from practice, **personal contact with a coach is required**. Missing part of practice for any reason may result in a deduction in playing time.

Bus Rules

All players will ride the bus to away games. If a player leaves with a parent after the game, they need to be signed out with a coach. A note is required if the player is leaving with someone besides their parent/ guardian.

Representation

Understand who and what you represent by being apart of this team. Understand that you have been given a privilege to play basketball on this team and that privilege can be revoked. There are little eyes upon you at all times. Carry yourself with class and pride! Never think you are above the program. You are NOT! Ask yourself, "How do you want to be remembered by my coaches, teammates, classmates, fans, and administrators when I leave Ballou Junior High."

Equipment

Take good care of your issued uniforms. If for some reason, the uniforms issued to you are lost or damaged it will need to be replaced.

Replacement Costs:

Practice Jersey - \$20

Game Jersey - \$60

Game Shorts - \$50

Bag - \$40

Shooting Shirt - \$30

Additional Athlete Expectations

- Wear appropriate practice gear everyday (practice jersey).
- BE ON TIME. Practice starts at 2:22.
- Show respect to teachers, other students at Ballou, teammates, coaches, referees and opponents.
- Players will not play equally in games. They will be played fairly.
- Be at all scheduled practices and games, unless cleared by the coach.
- Maintain a positive attitude and promote team unity.
- Laugh, smile and have FUN!



Ballou Junior High Athletic Policies

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As athletes at Ballou Junior High, you have an opportunity to participate in an extra-curricular activity and with this special opportunity come special responsibility. The most important principle under which we will operate is conducting ourselves in a manner that will bring credit and respect to our families, teammates, and Ballou Junior High. You will be expected to meet the following high standards of excellences.

1. Ballou basketball players will maintain passing grades in all classes. Maintain an overall GPA of 2.0 with no grade lower than a C-. Student athletes will not be able to participate in games if they are failing any class.
2. Attend school, as well as participate in PE classes, the day before, the day of, and the day after each game. Failure to do so will result in the player not participating in the next contest. If you do not suit up or participate in PE, you may NOT participate in that day's practice or game.
3. Abide by the Puyallup School District Athletic Code
 - A) "The 10 minute Rule": If you find yourself or any situation where there are drugs, alcohol, and/or tobacco or any other substance as listed in the PSD Athletic code, you have ten minutes to get out of that situation, or you will be implicated as having broken the PSD code, section I.
4. Follow all of the rules stated in each classroom and in the Ballou student handbook.