**Game Rules:**

1. I will not tolerate unsportsmanlike penalties. Receiving an unsportsmanlike penalty will get you removed from the game. You will then have extra conditioning for the entire next week to help you concentrate better.
2. If you get ejected from a game I will condition you the entire week to help you concentrate better AND you will sit the next game as well.
3. Enter EVERY game expecting us to win.

**Athlete Expectations and Team Standards:**

1. I expect you to be on time and attend every single practice, scrimmage, and game.
2. I expect you to practice as hard as you can.
3. I expect you to listen to all coaches and treat them with respect.
4. I expect you to treat your teammates and their property with respect.
5. I expect you to conduct yourself as a gentleman in school, in your community, and in all athletic events. Do not do anything to embarrass the program.
6. I expect you to concentrate on you schoolwork, be a gentleman in class, and hand in every homework assignment.
7. I expect you to never criticize another player or coach.

**Coaching Staff Expectation and Standards:**

1. We will always be prepared.
2. We will be demanding and fair.
3. We will be willing to talk to you at any time, about any problem or question.
4. We will be making decisions based on **what is best for the team.** Not an individual.
5. We will coach to put the team into a position to win every game. We will NOT sacrifice integrity, discipline or sportsmanship in order to win.

**Playing Time**

**Varsity** playing time is based on weight room attendance, practice attendance, ability, and work ethic (attending our summer workouts).

**Varsity** starting positions are based on:

1. The best player starts.
2. If it is close between two players, then weight room attendance and work ethic will determine the starter.