

Cumberland Valley Girls Basketball Practice Rules

How to get the most out of practice:

- Set goals and discipline yourself to accomplish them
- Always have a good mental attitude, understanding the importance of our practices towards our over-all team goals.
- Make up your mind to work harder than any other player does. Give 100%, hustle and run every drill at game speed.
- Listen to every word the coaches tell you, and do everything they ask you to do.
- Accept the constructive criticism the coaches give you, remembering they are only trying to help you and the team.
- Remember this is not a debate team, ask legitimate questions, ask to get things clarified, but remember that we can't waste valuable practice time.

Practice Rules:

Be on time: We go by the clock in the gym. If hung up in traffic, call coach's cell (856-2666).

When the whistle blows: All activity, including shooting, stops.

When coaches are talking: Players focus eyes on the coach, and listen.

Coaches will coach: Players will encourage, support, assist and respect each other.

Profanity: No reason to use offensive language.

Water bottle: Should be filled and brought to practice.

Team practice top and bottom: Must be worn every day for practice.

Run: Between drills, when the coach calls you to huddle up, etc.

Sick: If you get sick during the day and can't practice, make sure you text, call or email a.s.a.p.

Excused Practice: A. Too sick to attend. B. a family or personal emergency C. An unexpected event requiring the athlete's absence and is approved beforehand by the coach.

Jewelry: If it is not allowed in a game, it is not allowed in practice.

Practices are closed to the public: This includes parents and relatives. Only individuals with permission from the coaching staff will be permitted to attend practices.