

Team Rules & Guiding Principles

1. We are a family; we win together and lose together.
2. We encourage and cheer for our teammates in good times and bad.
3. We will learn and grow as people, players, and teammates on and off of the court.
4. We will give it 200% at practice and during games & toward our goals this season.
5. We will play together as a team and be inclusive.
6. We are committed to the Seymour Travel Basketball season.
7. No one is to speak to the referees except to thank them at the end of the game.
8. There is a 24-hour cool down period to ensure nobody says anything they will regret.
9. Players are NOT guaranteed playing time, there will be games where not everyone plays.
10. Players who miss practice unexcused will not be eligible to start games. Two unexcused absences will result in no playing time in the next game.
11. Play time is a reflection of athletic ability, coachability, and sportsmanship/behavior. Players are aware that play time is earned and not given and may be changed based on team needs, coach's strategy, or in response to behavior/ attitude during practice and games.
12. Players will be ready to fill any role given by their coach.

Seymour Travel Top Ten Rules for being a great teammate

1. You are willing to play any role that helps the team
2. You would rather score less and win than score a lot and lose
3. When your team scores, the first people you congratulate are your teammates
4. You love practice as much as you love games
5. You respect your opponents but don't fear them
6. You listen, are coachable and respect your coaches and officials
7. You are quick to pick-up a teammate who is having a bad day
8. You help younger teammates who have less experience
9. You learn & grow from your own mistakes as well as others
10. You are confident but not arrogant

Player Name: _____

Player Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Email Address: _____