

TEAM EXPECTATIONS

Coaches will impose discipline on a case by case basis. The NCISD Athletic Handbook will always be the first order of discipline in serious cases. Each case requiring disciplinary action will be evaluated on its individual merits, but general rules will be followed.

Absenteeism- anytime an athlete is going to miss practice for any reason, the student is required to communicate with the coach.

Tardiness- An athlete is considered tardy for workout if she is not completely dressed out and on the floor at the scheduled time.

Attitude/Disrespect The athletes are expected to show respect to all members of the faculty and the athletic department. Disrespect of any kind to anybody will not be tolerated.

DISCIPLINE

Discipline- doing what is necessary or right in any and all circumstances. Self- discipline is the source of inner power that separates the dynamic achieving person from the unfulfilled underachieving person.

Discipline is not an inherited trait; it must be learned

EXPECTATIONS OF ATHLETES

1. To excel in the classroom as a STUDENT-ATHLETE
2. To give your total effort, to make the most of what you have
3. To respect your teammates
4. To practice to the best of your ability
5. To be totally honest in all your dealings
6. To be loyal to your school, administration, teachers, coaches, teammates, families and community
7. To be prompt
8. To be courteous
9. To always encourage
10. To be emotional and enthusiastic

Characteristics of the Athletes

- An athlete that is committed to being the best they can be
- An athlete that has positive attitude
- An athlete that is unselfish and willing to fill their role on the team
- An athlete that is well disciplined on and off the court
- An athlete that displays good sportsmanship
- An athlete who communicates
- An athlete that is committed to being bigger, faster, and stronger in the weight room
- An athlete who plays with competitive spirits

