

West Seattle Girls Basketball
Practice Rules

1. Be dressed, on the floor and ready for practice by 2:50pm everyday (regular time), 5:00pm (late), 9:00am (morning). There is no substitute for enthusiasm.
2. Warm up, stretch and work on your WEAKNESSES and shoot free throws when you take the floor and until organized practice begins. (DO NOT step on the court and take shots far away from the basket. Start near the basket and slowly move out)
3. If a player has an injury and cannot practice, they are required to attend and observe practices to keep up to date with any additions or changes that may occur. (if possible player should do conditioning on the sidelines - stationary bike, running, sit ups, etc)
4. Gather and return all equipment (balls, jerseys, etc) at the end of practice.
5. Never leave the floor without permission
6. Stop, hold the basketballs and listen when a whistle is blown.
7. When ANY coach is talking, EVERYONE is to give him/her your undivided attention, even if he/she is not talking directly to you.
8. When group activity is stopped to correct an individual, everyone must pay close attention so that they will not require the same correction.
9. If a coach gets on you, consider it a compliment. He/she is trying to teach you and make you better. Constructive criticism is given to improve a player and the team.
10. Take coaching and constructive criticism without excuses or pouting.
11. No cliques, no complaining, no criticizing, no jealousy, no egos, no envy, no drama, no excuses. EARN the respect of all.
12. Do not criticize or belittle a teammate at any time. Always be positive in your approach to teammates, managers and coaching staff. Do not be hypocritical in what you say and how you say it. You don't have to be best friends with all of your teammates but work to build positive relationships with them. To have a strong team, players must support their teammates through good times and the bad times.
13. Positive communication is vital to team success. Talk to one another on and off the court.

14. Hustle from drill to drill. Veteran players should always take initiative to be in the front of drills.

15. Focus on fundamentals. Be solid, not fancy.

16. Do things the way you have been taught. Correct habits are formed only through continued repetition of the perfect model.

17. Poise, confidence and self-control comes from being prepared.

18. Have a good work ethic. Work hard to improve yourself without having to be forced. Be serious. Have fun without messing around. You improve by doing your best everyday.

19. Discipline yourself so others don't have to.

20. Have a positive attitude, especially during difficult times. Physical conditioning is important, but mental conditioning and toughness is paramount. (NEVER give up on yourself or your teammates)