

## Athletics Code

### **Athletes Conduct**

1. School: You are in school for an education. Keep that first in your thoughts, but place athletics second.
2. Drugs & Alcohol: Use of drugs/alcohol is NOT allowed.
3. Smoking: NO smoking will be allowed during the season.
4. Language: Abusive/flagrant language will not be tolerated at any time (both on and off the floor).
5. Dress: Team members will wear ties and or dress clothes (no jeans) to school and to games on game day.

Note: Always be a gentleman/lady and do nothing that will bring discredit to you or your school – on or off the floor, when at home or away.

### **Practices**

1. A REBEL should never miss a practice. The only excuse will be illness or a special situation.
2. Be dressed, on the floor and ready to practice on time without exception. Never leave the practice floor without permission from the coach.
3. Practice with the same intensity you would play a game. Work hard to improve yourself without having to be forced.

**\*THERE IS NO SUBSTITUTE FOR HARD WORK! \***

(Success is a peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.)