



REEDY BASKETBALL

Commitments of Reedy Basketball

- 1. "I WILL BE ON TIME"**

Everyone will be on time for all scheduled events. Classes, weight lifting, practice, rehab, study hall, and team meetings.
- 2. "I WILL BE IN CLASS AND UP FRONT"**

Everyone is expected to be in class and sit in the front three rows. Any absences (class skips) will be grounds for punishment. Should emergency arise, call the coaching staff immediately.
- 3. "I WILL STUDY"**

Individual players may have hours required as determined by the coaches depending on their progress reports. Study hall times will be held for those players.
- 4. "I WILL GET REST"**

It is important that each of you get enough sleep to be at your best each day. Everyone is expected to get rest. Plan ahead take naps when you can.
- 5. "I WILL EAT RIGHT"**

It is important that you eat properly. You must eat proper foods to perform your best. Remember the most important is breakfast...so get up and eat.
- 6. "I WILL AVOID DRINKING, DRUG USE, AND SMOKING"**

Our School rules prohibit the use of alcohol, drugs, and smoking. We discourage the use of any of these for your success now and later in your life after graduation. If you choose to use, the results may be dismissal from the team.
- 7. "I WILL DRESS APPROPRIATELY"**

Most everyone on campus and a lot of off campus people will know you are a Reedy Player. The image you project will be a reflection on all of us. Do not dress to draw attention to yourself. Remember—you never get a second chance to make a first impression.
- 8. "I WILL TAKE PRIDE IN OUR FACILITIES"**

Our team has a first class locker room, team room. We take pride in keeping them neat and clean. We have good equipment, uniforms, travel bags, etc...-- we take care of them. We don't steal from the program.
- 9. "I WILL BELIEVE IN ARETE (CLASS)"**

Our philosophy is built on the idea of achieving one's potential...being the best we can be. Everyone in our program must be committed to pursuit of excellence in all areas of his life. Arete means the pursuit of excellence.