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Player Expectations

I will:

- Live by the ESN Core Values.
- Play for the good of the game.
- Promise to give 100% effort and positive attitude at every practice, game and training session in order to improve my skills and understanding of the game.
- Promise to be on time and make every team practice to ensure I am fulfilling my commitment to my teammates and coaches.
- Making sure I am a leader both on the court and off the court.
 - o Willing to help teammates and peers at all times.
 - o Taking ownership of bringing my own practice jersey, uniform and equipment each day.
 - o Notify the coach or team manager if having to miss a game, practice or training session.
- BECOME A STUDENT OF THE GAME: researching the game online, watching film on past players/teams and searching for upcoming events. Players can learn so much from watching the game and have so many outlets now to continue their learning away from the court.
- Have a never quite attitude the second I step onto the court. Playing every possession in a game and finishing every drill with the same intensity I started with.
- Support the program, teammates, and coaches at all times.
- Not let outside influences effect my performance on the court.
 - o Keeping all grades in school up parents and coaches standards
 - o Maintaining a healthy balance of team participation and other extracurricular activities
- Respect all officials, coaches, trainers, and parents.
- Respect both my coach and the opposing coach.
- Abide by my coaches decision regarding playing time and position.
- Learn and obey the laws of the game.
- Practice my individual skills at least 3-4 times a week outside of practice.
- Immediately report and injury or altercation to the coach.
- Approach the coach with any personal basketball related problem.

I will never:

- Engage in negative behavior towards an official or coach nor use profane/vulgar language and gestures.
- Leave a game or practice with out the coaches' permission.
- Forget that I represent ESN everywhere I go!