### **Oak Ridge Boys Basketball Program Class Expectations**

1. **WE WILL VALUE LEARNING AND EDUCATION (Student-Athletes)**

 **Character Development:**

1. We will spend ~60 minutes per week using our new 2 Words Character Development Series. They have included a Parental Component (2words.tv/parent.registration) that you can supplement with students at home.
2. The program will provide 1 journal for students to keep notes in all year

 **Grades:** Will be checked once per week

1. Grades below 75 will require tutorials
2. Failed or low exam scores are suggested to be discussed with teacher, then corrected or made up
3. **WE WILL RESPECT OURSELVES, THE PROGRAM, SCHOOL, COMMUNITY, AND FAMILIES**

**Offensive language**

a. 1st occasion – Warning

 b. 2nd occasion – 5 Burpees

 c. 3rd occasion – 2 UNLVs at conclusion of that or next workout

**Sagging (Pants below waist exposing under garments):**

a. 1st occasion – Warning

 b. 2nd occasion – 5 Burpees

 c. 3rd occasion – 2 UNLVs at conclusion of that or next workout

 **Dismissal from class/workout:**

 a. 1st occasion – 5 UNLVs

 b. 2nd occasion – 10 UNLVs

 c. 3rd occasion – Coach’s discretion/possible removal from the class

**Social/School:**

a. Use Social Media positively. What you Post, Like, Share, and Retweet will be viewed as your thoughts and addressed accordingly. (See Above)

 b. Suspensions from school = suspensions from basketball

 c. Bullying/hazing are not permitted and will result in conference with parent

**Drugs/Alcohol:** Avoid alcoholic beverages, tobacco, e-cigarettes, and other substances (narcotics, marijuana, etc.)

 a. 1st occasion - Meeting w/Coach Cloudy, Rush, and/or Principal and 25 UNLVs

 b. 2st occasion – Coach’s discretion/possible removal from the class

**Unlawful behavior (ex: stealing, police, probation, etc.)**

a. Meeting w/Coach Cloudy, Rush, and/or Principal, and a determination of appropriate punishment will be determined based on severity

 b. Multiple infractions will result in removal from the class

1. **WE WILL BE PRESENT AND ON TIME FOR AND PARTICIPATING IN CLASS**

**\*Medical issues are to be reported immediately to the training room staff, if not seen by a physician. Only Doctor or Trainer notes count as excused. Training room opens daily at 6:30 AM. Be there if expected to be out for practice. Coach’s discretion will be used for mid-day health issues.**

**Tardiness:** Students are given 10 minutes to be dressed and on the court for warm-up after 1st bell rings

* 1. Class will run timed lines (sideline to sideline) for amount of time past 10 minutes it takes last student to make it to spot. (Ex: Student A makes it to spot 11 minutes after 1st bell (3 minutes after tardy bell), then team runs timed lines for 1 minute)
	2. 2nd Occasion – 2 UNLVs (Individual)

**Dressing Out:** Students are expected to be dressed out in proper workout attire daily. Outside running and inside gym shoes will be both be required on Tuesdays, Wednesdays, and Fridays. ORHS Workout shirts and shorts are available for $25.

a. 1st Non-Dress – 2 UNLVs

b. Additional Non-Dress - Add 2 UNLVs

c. Habitual Non-Dress - Coach’s discretion

**Weight Room Day Absences: (Strength and Conditioning Make-Up)**

a. Excused – 10 Ladders

 b. Unexcused – 20 Ladders

 c. Multiple Unexcused – Coach’s discretion

**Conditioning Day Absences: (Conditioning Make-Up)**

a. Excused – 10 UNLVs

 b. Unexcused – 20 UNLVs

 c. Multiple Unexcused – Coach’s discretion

\*Please note that participation in the basketball class does not guarantee a place on a team

\*Following is the link to the ORHS Student Athlete Handbook: <http://orhs.conroeisd.net/wp-content/uploads/sites/47/2017/05/Student-Athlete-Handbook.pdf>

**ATHLETE EXPECTATIONS AGREEMENT**

The basic principle of our expectations under which we will always operate is:

*To conduct ourselves in such a manner that we bring credit to our self, family, teammates, the Oak Ridge Boys Basketball program, and Oak Ridge High School. Do not engage in any activity that can be viewed as inappropriate for our self, family, teammates, the Oak Ridge Boys Basketball program, and/or Oak Ridge High School.*

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (student) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (parent) have read and understand the expectations for student-athletes in the Oak Ridge High School Boys Basketball program. I agree to follow this code of conduct and understand that failure to do so could result in termination of my privileges to participate in basketball at Oak Ridge High School.

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Oak Ridge**

**STUDENT ATHLETE HANDBOOK RECEIPT**

Athlete’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have received/viewed a copy of the Oak Ridge Student Athlete Handbook. I understand that all athletes and parents will be held accountable for the information outlined in this handbook.

Athlete’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_