Plains Basketball

Player Expectations:

1. Be early, not just on time to all team functions, school and class.

2. Do not miss school or practice. Coaches need to be consulted before any conflict.
   a. if you are going to go out of town during the season, the coach needs to be made aware of this before the season.

3. Be a positive person, not a complainer. If you have a problem, talk to a coach.

4. Support the other level.

5. Look the coach in the eye when he is talking to you and nod to him when he is finished.

6. Dress appropriately for all team functions. If not sure, overdress.

7. No individual attire, such as ear rings, strange haircuts, clothes worn to draw attention to oneself, etc…

8. Keep locker room clean at all times.


10. Have your own water bottle at each practice.

11. Keep your shirt tucked in at all times. Underwear should never be showing.

12. Keep everything locked in your locker. You will have to supply a lock for the season. A locker will be issued for you after cuts are made.

13. Be a team player, think of your team’s success before personal success.

14. Athletes need to exit out of the locker room after practice. Parents will need to pick athletes up on the West side of school.

“Following the rules takes discipline, either yours or ours.”