

Policy List for 25-26 CYC Basketball Rec Program

1. **Program Philosophy:** This program will emphasize skill development, teamwork, effort, and FUN through basketball.
 - a. All athletes are expected to come up with at least one “**SMART**” goal related to basketball by the end of our first week of class.
S-Specific, M-Measurable A-Achievable R-Relevant T-Timely
2. **Attendance-** Athletes should arrive about 10-15 minutes before lessons. Athletes should come hydrated and ready for activity! Athletes that arrive more than 5 minutes late will not be permitted into class.
 - a. If an athlete is absent or late, please notify staff or coach ahead of time.
 - b. Athletes that miss two or more classes will be dropped from the program.
3. **Respect.**
 - a. Athletes are expected to show respect to their teammates, coaches, and all CYC staff.
 - b. When you hear the whistle, get in your “stance” with or without a ball.
 - c. Display sportsmanship and effort at all times.
 - d. Disrespectful behavior, taunting, bullying or fighting will not be tolerated.
4. **Attire**
 - e. Athletic Clothing
 - f. Basketball or Running Shoes
 - g. Water Bottle with your name on it.
 - h. No jewelry or watches.
 - e. Long Hair should be tied back when necessary.
5. No **food, gum, Gatorade** or sugar based drinks allowed in the gym.
6. Basketballs stay in the gym at all times. No kicking basketballs or half court/full court shots allowed.
7. No grabbing or hanging on nets or rim.

Thank you for helping us create a positive exciting environment for our young athletes. We look forward to the start of our basketball program soon!

-Coach Josh