

## **Intermountain Region High Performance Program Participant Policies and Procedures**

### **FOUR OVERRIDING PRINCIPLES GOVERN THE ESTABLISHMENT OF OUR POLICIES AND PROCEDURES:**

1. You have an obligation to be discreet and exemplary in your conduct at all times, on and off the court. Your conduct must bring credit and integrity to your country.
2. By agreeing to become a member of this team, you have agreed to do your very best to live within these guidelines. Staff members should not have to ask you to do that which you have already agreed to do.
3. Represent your country/region with the highest level of respect. Your reputation is OUR reputation. Be safe and smart in your social decisions not only during this experience, but any time after you leave this program and wear USA clothing. Wear your USA clothing with pride, and realize you will always be representing your country.
4. Each player is responsible for all information in these guidelines. These guidelines are confidential to only team members and staff members. Bring these guidelines to all practices, meetings and competitions.

### **GENERAL**

1. Communicate with coaches, staff, and other players. If you do not understand, ask. Learn to know when to ask.
2. All players have the responsibility for confronting and seeking out solutions to his/her team-related problems or issues. If there is a problem between two or more players, they must immediately seek a solution. If this is not possible, they must meet with the staff members until the problem is resolved. If there is a problem between player(s) and staff, the player(s) must immediately meet with the staff member until the problem is resolved. If this is not possible, the player(s) must bring the problem to the captain, who in turn, will bring it to the staff.
3. All players must follow all the rules established by the various organizations, programs and institutions with whom we come into contact: gyms, training facilities, offices, hotels, airlines, etc.
4. We may, at our discretion, deny an athlete whose account becomes delinquent in all activities the privilege of playing in a tournament or ask him/her to sit out at practice until the account is paid in full or arrangements for payment are made with a staff member.
5. We require any athlete damaging equipment owned by the Intermountain Region or any facility used by the Intermountain Region during practices, tournaments or any other function, to reimburse the appropriate entity for the damages before continuing with the team. In some circumstances, the athlete may be dismissed from the team in addition to making restitution.
6. When we have bad weather, all athletes should contact their coach to confirm if practice is cancelled.
7. The Intermountain Region High Performance Program has the philosophy that the amount of playing time for all athletes is determined by the performance of the

- athlete, and is left to the discretion of his/her coaches. This includes playing time on travel tournaments. **We do not guarantee equal playing time on any team or at any event.**
8. Practices are open to anyone interested in observing. However, because space for observing can be so limited, we ask that observers stay in the seating areas provided. (Coaches, the media, and other appropriate professionals are exceptions.)
  9. There is limited space available for parents to wait for their athlete during practice. We ask that everyone be respectful of the fact that the space is limited and is intended to help those who travel a long distance to get to practice.
  10. Parking during practice or other events is limited to designated parking spaces only. Please respect the parking restrictions; observing them is a requirement of our lease.

## **PRACTICE**

1. We expect all athletes to attend every practice. Only an illness or injury serious enough to keep the athlete home from school or a genuine family emergency is a legitimate excuse for missing practice. Regardless of the reason, if an athlete misses an excessive number of practices, his/her playing time may decrease or s/he may be dismissed from the team.
2. If an athlete cannot be at practice, the athlete must call the staff. It is the athlete's responsibility (not the parent's) to reach the staff before the practice starts. Players who do not communicate with their staff about a missed practice, or who miss a practice for an unacceptable reason, will sit out at least the first match of the next competition they attend.
3. Injured athletes are expected to attend practice to support their team and be available to help where they can, even if they cannot physically participate in practice.
4. Scheduled practice time is start time. Please arrive early enough to be dressed and completely ready for practice by start time. You must give yourself sufficient time for treatment to avoid being late.
5. If an athlete is late arriving for practice, s/he must change into his/her practice gear, report to his/her coach and explain why s/he is late. The coach, at his/her sole discretion, will determine if any corrective action needs to be taken.
6. Acknowledgment Rule: Players are obligated to acknowledge every communication directed at her by staff or teammates. Acknowledgment can occur by spoken word or gesture. Acknowledgment does not necessarily indicate agreement or acceptance, only that you have heard the communication. Disagreements and other conflicts can be resolved at a later time.
7. Overt displays of displeasure or frustration cannot occur. We cannot afford losses of emotional control during competition. We will practice control during practice.
8. Each player is responsible for cleaning up his/her own messes (tape, cups, etc). All equipment must be kept neatly arranged. Maintain a clean practice facility. Pay attention to details.

9. Water breaks will be planned at a rate of approximately every 20 minutes. Hydration is critical to performance. You are free to get a drink at any time as long as it does not interfere with drill responsibilities.
10. Athletes are encouraged to bring water, in an unbreakable container, to practices and tournaments. Absolutely no glass containers are allowed in the gym.
11. No food, no drinks and no chewing gum are allowed in any practice facility. The team may be penalized if parents or supporters disobey this rule.
12. Horseplay or ball handling in the lobby of practice or competition areas is strictly prohibited.

## **COMPETITION**

1. Standing at attention during the national anthem is required.
2. All athletes are expected to be in the competition site, ready to warm-up, at the scheduled arrival time. This usually means the athlete needs to arrive at the site 40-60 minutes prior to the scheduled competition time.
3. All athletes must be ready for competition at any time. You are responsible for your own readiness for competition.
4. Proper demeanor is expected of all members (athletes, coaches, staff, parents, and supporters) at all competitions; this includes treating members of the officiating crew with respect.
5. No food, no drinks and no chewing gum are allowed in any competition facility. The team may be penalized if parents or supporters disobey this rule.
6. Athletes will wear the specified uniforms to all competitions. All uniforms must be clean.
7. Athletes are not to wear headbands, bandanas, jewelry, or glitter of any kind or other non-uniform items during competition.
8. Only players and staff are permitted to wear the uniform items, including warm up jackets.
9. Each player is responsible for securing his/her own equipment.
10. Athletes must stay at the competition site until excused by the staff.

## **TRAVEL**

1. Keep your passport in your possession at all times if traveling overseas.
2. Do not leave valuables in hotel rooms.
3. The staff must know where you are at all times. Athletes may not leave the hotel area at any time without permission from their staff. Players may be suspended from the team, or other penalties as appropriate.
4. Follow hotel rules.
5. Roommates will be assigned by the staff.
6. Use carry-on luggage for your uniforms and equipment. Do not lose sight of your uniforms.
7. Dress Code:
  - Air Travel: Nice pants, dress or nice shorts. A collared shirt is suggested. No t-shirts or gym shorts.

- Van or bus: As determined by staff.
8. If assigned a piece of equipment to carry, you are responsible for it until it is safely returned to the staff member.
  9. All players within a team must be together as a group.
  10. All players will attend all meals and team activities unless excused by the staff member.
  11. Athletes will be courteous to and respectfully obey all staff members. This includes all coaches, chaperones, trainers and/or other adults officially traveling with us.
  12. Athletes must report any illness or injury to the coach and chaperone immediately.
  13. An athlete who damages any property at lodging or playing facility will be personally responsible for damages.
  14. An athlete found in possession of alcohol, tobacco or illegal drugs will be sent home immediately at the expense of the parent or guardian.
  15. Any athlete who breaks any laws of the country in which we are traveling and playing will be personal responsible for all damages and may face criminal consequences.
  16. An athlete who disobeys any one of the travel rules may be sent home immediately at the expense of the parent or guardian.

**SUBSTANCE ABUSE**

The use of illegal drugs, alcohol or tobacco is strictly forbidden. Evidence of drug use will result in immediate expulsion from the team.

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(Parent signature)

\_\_\_\_\_  
(print name clearly)

\_\_\_\_\_  
(Athlete signature)

\_\_\_\_\_  
(print name clearly)