

THE SPARTAN WAY

2019-2020

A. RESPECT YOURSELF, THE UNIVERSITY AND THE SPARTAN BASKETBALL PROGRAM

1. **If there are any problems with player relationships or other issues that may harmfully affect the squad, you are expected to discuss those issues with the coaching staff immediately.**
2. NO alcohol.
3. NO fighting. Any altercation involving men's basketball must be reported to coaching staff.
4. The use of any illegal substances is prohibited.
5. **Call Coach Dickerson or a member of staff if you have an issue. Do not let the coaching staff hear about a problem from someone else.**

B. ACADEMIC RESPONSIBILITIES

1. Academic responsibilities are your first priority –Sit up front, hat off, and get to know your professor. Be on time!
2. **Class attendance is mandatory and will be monitored by the coaching staff. Absences could result in disciplinary action initiated by the coaching staff. If you have class with a teammate(s), you are equally responsible for the attendance of your brother. (Meaning if you know your teammate is not in class you are expected to make Coaching Staff aware.)**
3. **Tutor sessions, Study Tables, meetings with Academic Advisors and Learning Specialist, etc. are ALL mandatory if scheduled.**
4. Study table hours are determined by cumulative GPA and will be assigned by Coach Dickerson at the start of every semester.
5. **You will exhaust every option to create a schedule that is in your best interest but that always allows you to be at every team practice, workout and function. Any conflicts must be brought to Coach Dickerson's attention.**
6. Report any missed academic appointments **or class** to Coach Logsdon immediately.
7. You must check out with the coaching staff before leaving a practice or workout early.

C. HAZING

1. **Under no circumstances will there be any form of hazing or initiation. It is unacceptable to require a teammate to perform an act that could harm them either physically or mentally. There is zero tolerance for any form of hazing.**

D. TEAM

1. Tardiness is not acceptable. **Be early. Being on time is considered late.**
2. If you are injured and can't participate in practice you are required to check with Sandy and wear as much gear as possible out to practice. If you are sick you must call or text Sandy prior to missing any basketball or academic commitments. **Communicate early and often with Sandy and if you have a question about what to wear out to practice, make sure you ask him or a member of the coaching staff.**
3. Off Campus Housing: Prior to signing a lease, you will need to set up a meeting with Coach Dickerson.
4. **All Freshmen are required to attend mandatory breakfast and EAT! Nutrition is an important part of being a high level athlete.**
5. **Everyone is expected to check in with the coaches daily. You will be required to sign a sheet saying you stopped by which will be located in the coaches' offices (If no coaches are present, make it known that you showed up).**

E. GAMES

1. All players are expected to arrive no later than fifteen minutes before the scheduled departure for away contests. The bus will leave at the designated time.
2. **No cell phone usage (phone calls, texting, emails, etc) or PS3 in locker room area 2 hours prior to Game.** Social media dark on all game days – snapchat, facebook, Instagram, twitter, etc.
3. For home contests, all players are expected to arrive at the locker room no later than two hours before game time.
4. For away games when staying in a hotel, you are required to let a member of the coaching staff know if you are planning to leave the hotel for any reason. Also, curfew will be announced by Coach Dickerson and will be strictly enforced.
5. Negative comments / body language directed at the officiating crew or teammates are unacceptable. Players are not allowed to talk to officials.
6. **Sportsmanship is paramount and anything less will not be tolerated. Pregame, during game or postgame you do not speak with or interact with opponent in negative way.**

F. SOCIAL MEDIA

1. All Facebook / Twitter Accounts and ANY Social media account must follow the Upstate student athlete code of conduct. Absolutely no pictures of alcohol or any other illegal substances.

G. DRESS / ATTIRE / APPEARANCE / MANNERS

1. No cell phones “on” in team meetings. No exceptions.
 - a. **No cell phones at team dinners whether that’s in the locker room, hotel during travel, or anywhere else that we are eating as a team.**
2. Before the season, travel attire will be decided for home and away game. This will be strictly enforced.
 - a. Injured players will be required to wear assigned attire on the bench as well.
3. Manners: Please, thank you, be polite, say hello, firm handshakes, eye contact, hat off indoors...we will continue to be a classy program and want to represent our program in a classy manner every chance that we have.
 - a. Be polite to anyone assisting the team such as flight attendants, hotel personnel, restaurant wait staff, bus drivers, etc.
4. Don’t wait for a staff member or teammate to tell you to help out! We travel as a pack – Be prepared to carry, unload and/or be responsible for additional equipment on trips.
5. No Do Rags on campus or anywhere out in public.
6. Wear only team issued Upstate gear when we travel.

H. EQUIPMENT

1. All equipment is issued through Sandy– **Do not take or sell anything without permission; violating this team policy is against NCAA rules and could impact your eligibility.**
2. **Everyone will wear the same gear for individual workouts, practice, and in the weight room issued by Sandy**
 - a. **Shoes and socks must be those that have been given to you by Sandy**
 - b. **Everyone must wear the same colored undershirts, tights, and socks**
 - i. **Players may wear different cutoffs, short sleeve, or long sleeve shirts but everyone must be in the same color. Same with tights and socks.**
3. Always wear Nike gear available. No high school clothing when shooting.
4. **Spartans set up & clean up – never walk by balls, equipment or think you are above moving a rack or picking up basketballs.**

I. WEIGHT ROOM

1. Appropriate dress is required at all times. Wear your Zephyr.
2. **COMPETE: Weight room is place to train and push yourself to the edge and beyond.**
3. Always leave it better than you found it. Clean the weight room and clean yourselves.
4. 10 minutes early is on time. Communicate at least 45 minutes ahead of time if any conflicts arise

J. ON COURT AND BENCH BEHAVIOR

1. Compete hard in practice but no behavior that is detrimental to team success. No complaining about fouls.
2. Be coachable. Have eye contact when a coach is talking to you. Be a good listener.
3. No thumbs or palms up, no bad body language, and no negative comments about the team or program. Any such actions will result in severe punishment.
4. Must complete the “Run Test” before official practice starts.
 - a. 33 seconds for Guards
 - b. 34 seconds for Forwards
 - c. 35 seconds for Bigs

ANY VIOLATION OF THESE RULES AND REGULATIONS WILL RESULT IN A REPRIMAND, INCLUDING THE POSSIBLE LOSS OF YOUR ATHLETIC SCHOLARSHIP, AND/OR EXPULSION FROM THE TEAM @ COACH DICKERSON’S DISCRETION.

Player Signature

Coach’s Signature

Print Name

Date