Iowa State
Men's Basketball
Summer 2019

"Be Where Your Feet Are."
IOWA STATE ATHLETIC DEPARTMENT TEAM RULES

Participation on an intercollegiate athletics team at Iowa State is a privilege. The following document includes team rules which outline the expectations for how you will represent yourself, your team, and Iowa State University. This includes the expectation that you will not engage in behavior that is detrimental to the image of your team, the athletics department and/or Iowa State University. If you engage in behavior that, in the sole discretion of the head coach, is determined to be detrimental to the Iowa State Football team, then you may be suspended or dismissed from the team and your athletics financial aid may be cancelled. The majority of team rules in this document are specific to your sport, however, they also encompass rules and regulations as outlined in the following documents which are available online or in the athletics department for your review:

I. Iowa State University Student-Athlete Discipline Policy
II. Iowa State Student Code of Conduct
III. Iowa State Athletics Drug Testing Policy
IV. Big 12 Conference Handbook
V. NCAA Manual

Violations of any rules in these documents are considered violations of team rules and you are subject to the discipline outlined in each document.

Violations of other team rules that result in your dismissal from the team (by the head coach) may be appealed to the Director of Athletics or designee.
2019-20 Iowa State Season
"Standards not rules"

Classes:
* Attend Every Class
* No Excuses for Missed Class, Tardiness
* Sit where you can be seen
* No hats in buildings
* Dress Professionally

Expectations:
* Be Early/On time
* Come Prepared
* Stay off phones- No Twitter, Texting, Headphones, iPod, Etc.
* No Food or Drinks
* Be Quiet and Stay Seated
* Introduce Yourself (Students, Professors)

Physical Appearance/Facility Appearance- “Perception is Reality”
* Keep yourself cleaned up.
* No cell phones during meetings
* Take showers after Workouts
* Keep locker room clean
* Music - No bad language
* LEAVE ALL WORK OUT GEAR IN FACILITY

Dorms/Off-Campus Living- “What happens in the dark comes to light. Nothing good happens after midnight.”
* No friends living in your room or apartment
* No drugs or alcohol AT ALL!!!
* No pets
* Never leave town without communicating with Micah/Coach Prohm
* Do not leave trash outside of apartments, throw all trash in dumpsters

Workouts and Individuals:
* Should be in gym 15 minutes before workout, Taped or Braced!
* Stretched and ready to go when Coaches are ready
* Should be in Iowa State gear that is given to you for all workouts
* Individual Workouts- Wear ISU issued apparel
* Weights & Conditioning- Wear ISU issued apparel

Trainers and Doctors:
* Early for treatment
* Call ASAP with any issues
* No conflicts with class or study hours
The Concept of Time

"Something as simple as being on time is important because it shows that you care, it shows that it is important to you. It shows that we can trust in you. It shows your teammates can trust in you. It’s important to pay attention to detail. Know what your role is and be responsible and accountable to do it, because if you can’t prove that everyday how can the other guys in the huddle trust in you? They may not say it, but how can they trust you?

-Nick Saban

Attitude

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say, or do. It is more important than appearances, giftedness, or skills. It will make or break a company...church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me, and 90% how I react to it. And so, it is with you...we are in charge of our attitude!"

"I will prepare and someday my chance will come"
NARROW GATE
IOWA STATE CULTURE:

4 AREAS TO GROW:
1. Spiritually
2. Socially
3. Academically
4. Basketball

5 AREAS OF IMPORTANCE:
1. Relationships
2. Investing in others
3. Personal level with team
4. Serve each other
5. Trust
   -(Coach to Coach)(Coach to Player)(Player to Player)(Player to Coach)

3 DISEASES TO A TEAM:
1. Entitlement
2. Complacency
3. Me
DO

THE

RIGHT

THING!

“Work ethic, intelligence, and character. The first two without the last one will kill you.”

– Warren Buffett
TREAT EVERY CONVERSATION YOU HAVE ON TWITTER, FACEBOOK, SOCIAL MEDIA AS IF IT WERE A NATIONALLY TELEVISIONED PRESS CONFERENCE

Before you...

THINK!

T = Is it True?
H = Is it Helpful?
I = Is it Inspiring?
N = Is it Necessary?
K = Is it Kind?
Playing Here Is An Honor, Just Like Coaching Is:

Our Identity & Culture Evolves From Hard Working, Tough, Unselfish, Driven People.