

# MSU Men's Tennis 2019-2020 Code of Conduct

## Academic Expectations

- Your goal and the goal of this tennis program is to prepare you to earn your degree at Michigan State.
- You are required to go to class.
  - 1st and 2nd miss: No practice and sled pushes
  - 3rd miss: Miss next playing date
- Study hall: If you are required by SASS, you must meet your weekly obligation of hours.
  - Failure to complete hours: Miss practice until hours are done
- Tutors: You are charged the tutor's time if you miss more than one appointment, after three misses your right to a tutor will be forfeited.

## Athletic Expectations

- 100% effort, energy and coachability
- Green line: Be prepared for practice physically and mentally. Keep outside distractions away from the tennis court.
- If you are not five minutes early, you are late.
  - Late to practice: No practice and a makeup session
- The right clothes must be worn for practice, travel, and matches.
  - Wrong clothes: 2 minutes of wide middles
- We operate as a team, we must push, encourage and challenge each other outside of our comfort zone.
  - If you are not helping yourself and not helping this team, you will be sent home.
- No swearing
  - 4 over and backs
- No racket throwing, point penalties, etc.
  - Sled pushes

## Substance Abuse

- No underage drinking
- No alcohol or tobacco products on the road or 48 hours before competition.
  - MIP's: Missed playing date and counseling
  - All run-ins with the law will be handled on a case-by-case basis.

## Miscellaneous

- All meetings with advisors, support staff, coaches, etc. are mandatory.
  - Missed/late meeting: No practice and sled pushes
- Live our Mission Statement and Core Values.
  - Mission Statement and Core Values must be memorized.
- Communication is so very important. Be proactive in your communication with coaches, advisors, professors, etc. You have a great support staff and everyone is here to see you and your teammates succeed.

Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

# Clothing

## Team Practice/Workouts

- Even days: Green on black
- Odd days: Grey on green
- Longsleeves, warm-ups, sweats, etc.: Must be MSU issued or neutral Nike apparel. No funky colors or brands.

## Individuals

- Team issued MSU gear

## Travel

- To competition: Green polo
  - Dress pants if we are not practicing when we arrive
- Returning from competition: White polo
  - Dress pants if we have time to shower and change

## Team Dinners

- No sweatpants

## Matchday

- Will be decided by coaches and managers
- No shirts with last names (senior day shirts) for warmups or match

## Food

Applies to road trips and Team Dinners

No greasy food

No junk food