We EXPECT you to...

RESPONSIBILITY
...represent Cal Poly positively ON AND OFF the court
...take care of yourself (sleep, nutrition, training room, rehab, etc.)
...hold yourself and your teammates accountable
...be on time (being ready 15 minutes early is on time)
...know all our plays and defenses (if you need help schedule meetings with coaches)
...take pride in your own game (conditioning, extra work, nutrition, etc.)
...pay attention when you are not directly involved in a drill (learn from each other's mistakes and corrections)
...respect your teammates' space, belongings, individuality, beliefs, morals, etc.
...be more involved with SAAC organized activities and/or other community service
...know your academic standings, go to class, and meet with your professors; especially at office hours
...complete all your study hall hours each week

COMMUNICATION
...listen to instructions (coaches and players should not have to repeat themselves)
...have complete eye contact when someone is speaking to you
...never talk back or interrupt coaches/teammates when they are commenting, explaining or instructing
...ask questions when you don't understand
...stop ALL complaining
  - Complaints are not welcome and will not be tolerated, if you have a concern you can voice it respectfully
...embrace constructive criticism (we are all working to get better and to help each other)
...speak to your teammates, coaches and all support personnel in a respectful manner
  - No derogatory name calling, swearing, threatening or anything that would make someone uncomfortable

EFFORT
...have consistent 100% effort day in and day out (your personal effort is controllable)
...bring personal intensity every single day
...motivate yourself and your teammates
...push yourself and challenge your teammates in everything (conditioning drills, competitions)
RULES

LOCKERROOM
1. EVERYTHING should be inside your locker (clothes, shoes, stool, etc.)
2. Clean up after yourself every day (individual locker area and vanity should be clear every day)
3. NO towels hanging from your locker door (it ruins the wood)
4. Use your towels that were given to you
5. We should be able to bring someone in the locker room and find it completely clean
6. You must use the printer in the locker room to print & deposit some change which will go towards purchasing ink
7. Make sure there is nothing on the floor including stools so that it can get vacuumed
8. Place everything that needs to be washed on the clip you have been given daily (bathing suits, sock, practice gear, etc.)

COMMUNITY SERVICE & MARKETING EVENTS
1. Always arrive on time (EARLY)
2. Please dress appropriately and coordinate for events
3. Be helpful and proactive, you should always be engaged and asking for something to do.
4. Be positive and do not whine
5. Wait until you are dismissed
6. Do not form groups with teammates. Make sure to spread out and get to know the community
7. Remember someone is always watching you so please be aware of your behavior, language, and interactions with people

STUDY HALL/ACADEMICS
1. Go to class- Coaches will do class checks if you are not present=dice roll
2. DO NOT sit in the back of the classroom- be a proactive learner
3. Introduce yourself to your professors in the first week of class
4. Take advantage of the available tutors (tutoring hours may count for study hall)
5. If you are check into study hall you need to be IN study hall
6. Put phone/texting devices away prior to study hall to eliminate distractions
7. All your study hall hours must be completed each week by team AGP meeting Friday
8. Take advantage of the available tutors
9. Keep your academic coach updated on your progress
10. Sign in the Study Hall to receive credit
11. If a coach witnesses that you are not participating (ie: playing computer games, sleeping, talking loudly with others, etc.) in study hall activities they may dock your logged hours
12. You are the only one that can log your hours
13. You must have a 2.5 GPA or higher to move off-campus.
GAMES
1. NO headphones once team warm-up begins
2. Respect your teammates' space and rituals in the locker-room prior to games
3. Arrive early enough to get shots in BEFORE the team warm-up and stretching
4. Be attentive during pre & post game talks: Any indication of negative attitude, lack of eye contact, disrespect, etc. (toward coaches or teammates) will be punished by removal
5. Know your scout
6. Make sure you have all your gear to play
7. Respect officials, teammates, coaches and opponents
8. Stay focused during the game, engaged in all huddles, and positive on the bench. Your vision should be on the court and not in the stands
9. Everyone will earn their playing time and there will be no discussion of playing time, unless it is in the terms of “What can I do for my teammates”, “What can I do better to help not only myself, but for my team”

RECRUITING
1. Recruits will ALWAYS have a bed (air mattress is permissible)
2. DO NOT influence other peoples' opinions of recruits
3. Look for ways to be helpful and POSITIVELY reflect on Cal Poly
4. Be involved with as many activities as possible
5. Be engaged in recruiting presentation and tour – no goofing off!
6. Use appropriate language and conversation topics
7. DO NOT talk about other teammates'/coaches' personal information
8. DO NOT talk negatively about teammates/coaches
9. DO NOT give recruits alcohol or drugs or allow them to use them
10. You may take recruits to parties IF:
   a. It is a safe environment
   b. You MAKE SURE they DO NOT drink
   c. A party situation will not make them feel uncomfortable
   d. You know where they are and can see them at all times
   e. You pay attention to them and do not just go off with your friends
11. Talk to the recruits – engage them and take an interest in getting to know them
12. Recruits should get priority to play in open gym and you should pass them the ball
13. DO NOT buy them anything other than food
14. Cell Phones will not be used while engaging in recruiting activities
   a. If you HAVE to take a call – make it quick and go away from the group to take it
15. Make them feel as welcome as possible
16. DO NOT add recruits on Facebook until they have signed *privacy settings*
17. YOU are our biggest selling point...take an invested interest in getting to know your future teammates. Help the program continue to grow and improve.
CELL PHONES, IPOD'S, TECHNOLOGICAL DEVICES

1. Cell phones, ipads, and technological devices are NOT permitted at any team function or gathering
2. If you think it should not be there do not take it out
3. If you are caught using a cell phone or texting, social media, etc. it is punishable by taking it away for 24 hours. Please plan accordingly if it does get taken away.
4. Cell phones, ipads, and technological devices are NOT permitted during recruiting activities
5. Please turn cell phones off during team meetings and pre/post game meetings. Your cell phone will be taken away for 24 hours if it interrupts those meetings
6. Focus on face to face as well as voice to voice communication. EX: Phone tree – you must CALL and no text messages

PARENTS

1. Please have a conversation with your parents about team rules. Make sure to sign rule sheet after you have talked to them.
2. Coaches will not discuss any player’s concerns with parents...UNLESS it has to do with a player’s health (mental/physical) or academics
3. If a parent emails, calls or discusses anything outside of health or academics then the player will be notified or in the case of an email, it will be posted in the locker room.
4. Parent’s are respectful and supportive of ALL team members.

TRAVEL

1. You will receive an itinerary....READ IT and do not lost it!
2. No complaining...there is a budget crisis
3. Coordinate travel attire to be in uniform with your team
4. Be early (you will be left behind if late)
5. Make sure all baggage is accounted for (help carry baggage)
6. Bring your driver’s license on all trips
7. Look for ways to be helpful
8. Help clean and unload the bus/vans
9. Be respectful to all people involved with travel (bus driver, flight attendant, food servers)
10. Bring your scouting reports to all away games
11. Be respectful of teammates and coaches on bus (voice volume, sleeping)
12. Make sure to pack food and eat before boarding the bus for a trip
13. There will be no use of cell phones, ipads or texting devices at team meals, scout, breakfast, etc. Stick to the rule. If you question it then you should not have it. Please note, this rule is subject to change during the Big West Tournament and the NCAA tournament.
14. Permission to not return with the team following a game must be arranged and approved with the Coaches
15. When we travel by air, you must carry on: basketball shoes, socks, game jerserys and shorts
16. Follow curfew on the road (check your itinerary) BE IN YOUR OWN ROOM at lights out
17. NO ONE is allowed in your room on away trips except coaches and teammates – visitors can be met in the lobby or common area
18. You are not allowed to leave the hotel without approval from a coach (No uber, lyft, etc)
TRAINING ROOM

1. You will get treatment for any injury you have
   A. Sign-in to document treatment (if you don’t sign it = you never received treatment)
2. Be assertive and proactive in getting therapy
3. Be relentless in your therapy - exhaust all possibilities of improving your condition
4. Find out your limitations for practice, weights, conditioning, etc. before the workout
   A. Communicate with trainer, coaches and weight coach
5. Make up anything you miss at practice (conditioning) in an alternative way
6. Make sure to always let an athletic trainer know what you are doing for treatment and communicate with
   your coaches as well
7. If you are unable to practice, keep a log of your activity and meet w/ Coach Faith daily to update your
   progress
8. **If you are not receiving treatment you are expected to practice 100%**

PRACTICE

1. We warm up as a team
   A. Be warmed up and ready to go 5 minutes prior to the start of practice
2. NO sitting, leaning, or bending over at practice (if you need support you can use a teammate)
3. NO visible jewelry (you can practice in whatever jewelry you can play with in games)
4. NO swearing. You are a representative of this program and swearing will not be tolerated.
   Penalty = running
5. Everyone wears the same gear
   Must wear Cal Poly Adidas gear
6. If a scout is being presented before or after practice you must have **your** scouting report
7. If you are working through an injury please stay engaged in practice and coordinate with your coaches
   and athletic trainers an appropriate rehab time (during or outside of practice)
8. Bring your binders to practice every day with your own pen
9. Sprint from drill to drill and no hands on your knees/shorts
10. You play for Cal Poly...no other team clothing is allowed on or off the court!

Signature: ___________________________ Date: ____________
CONSEQUENCES

PENALTLY DICE – IN EFFECT FOR ANY RULE VIOLATION
- 1 mile per minute (example late 10 minutes = 10 miles)
- Cleanup crew – Assigned time to clean up campus or designated area
- Overhead med ball runs (1 min runs x minutes or minimum 5 sprints)
- 15 in 15 (15 suicides in 15 minutes)
- Pyramid (sidelines = 4,8,12,16,16,12,8,4)
- Down and Backs (example 10 minutes = 10 down and backs)

*Injured - Pool Workout (33 laps = down and back is 1 lap)

MISSED APPOINTMENTS = DICE ROLL
1. Including Coaches, Academic Advisor, Tutoring, Jeff Troesch, Athletic Trainers, Class, Curfew, Team jobs, Team attire, Study hall, etc.

LATE (UNEXCUSED TARDINESS)
1. Each minute late = 1 mile
   a. 20 minutes late = 20 miles
   b. Break down of running will be assigned by coaches

MISSED EVENT= DICE ROLL
1. You will not be allowed to miss any team events without at least 1 month notice. Please be aware proper notice does not automatically guarantee clearance
2. Notice must also be given in writing by completing the proper form with Coach Ty.

LOST SCOUTING REPORT= DICE ROLL
1. If you do not have your own scouting report present at the time of scout or you have lost your scouting report you will have the responsibility of creating and presenting your own scout to the team for the next game.
2. If scouting report is left in the gym and a coach finds it the punishment will be determined by coach faith

* Please note any offenses will be recorded and documented with Coach T