

Team Expectations

Core Values

1. Family-

- **Be A Great Teammate-** *Both on and off the court*
“You have to have an ego that drives you to be great, BUT you must give up your ego and serve your team in order to be great.”
- **Be Respectful-** *Respect teammates, coaches, staff, yourself, etc. Make eye contact. Treat each other with respect and ALWAYS remain loyal. Disloyalty will NOT be a part of this program.*
- **Trust Each Other-** *Trust your teammates, coaches, staff, etc. Trust the process. Trust is earned and can be broken. Don't break it.*

2. Gratitude-

- **Please and Thank You Matter-** *These small words go a long way and will be used a lot in our program*
- **Leave A Place Better Than You Found It-** *Messy lockers and locker room area will not be tolerated and subject to TEAM punishment runs. Keep your space clean. Lounge clean up schedule will be enforced on a weekly basis.*
- **Acknowledge the Assist-** *An offensive area we need to improve. But also a little gesture goes a long way in developing a TEAM.*

3. Passion-

- **Hunger to Compete-** *We want a TEAM and players that will compete in every drill, every practice, and every game. This will be instilled*
- **Be Enthusiastic-** *Be vocal and encouraging on the court. Be motivating – if you're not in the game or drill, let your teammates know you support them from the bench or sideline. No walking at practice. Jog to huddles, the next drill, etc.*
- **Bring Energy-** *Perform with maximum effort at all times. Be the first to get to a teammate that has sacrificed their body to make a play for the TEAM.*

4. Toughness- “Toughness...is the strength, or ability, to withstand adverse conditions.”

- **Mental-** *Mentally tough people don't just think they might be able to succeed, they know they can.*
- **Physical-** *Challenge yourself in the weight room and on the court. Be the strongest and most skilled athlete you can be.*
- **Emotional-** *Leave your “baggage” at the door. Let the little things roll off your back. Don't ever show your opponent you are down.*

5. **Commitment-** *Be committed but also have conviction. There needs to be buy-in.*
- **In the Classroom-** *Abide by all academic standards. Take pride in your academics.*
 - **On the Court-** *Work Hard. Max Effort. Be a good teammate. Never Make Excuses for yourself or others.*
 - **In the Community-** *BE ACCESSIBLE! Anything we are asked to partake in, we will make time for.*
 - **To the Program-** *Be loyal to the program. Upperclassmen will show EXTREME pride in the program through the action of taking care of it. Underclassmen will follow their lead. Leaders are servants. Ex. Help the managers/trainers with bags from the bus, clean up areas, treat your program like gold.*

PERSON first.

1. Family is the #1 priority of our program

- *If you need to go home for a family related reason, let Coach Jackson know*
- *If something is going on at home and affecting you, let Coach Jackson or a coaching staff member know about it.*

2. Health- *Make the sacrifices needed to be able to perform as a top-notch student-athlete. Eat properly, get rest, and do not consume anything that could potentially hurt your body or your eligibility.*

3. Alcohol-

1. **NO Underage Drinking-** *It is **ILLEGAL** to consume alcohol under 21 years old in the state of Ohio. **NO GOING OUT 48 HRS (attending a party or late night gathering) prior to ANY CONTEST!***
2. **Those of Age-** *Will adhere to the TEAM issued alcohol standard. **NO GOING OUT 48 HRS (NOT ONLY drinking but attending a party or late night gathering) prior to ANY CONTEST! DRY from February 9th (1 month from MAC Tourney) to the conclusion of the season.** The TEAM has determined these expectations.*
3. **NO Alcohol at any time on road trips**
4. *Violation of any TEAM regulations will be dealt with at the discretion of the head coach on an individual basis. Disciplinary measures can range from suspension from practice to cancellation of athletic aid or dismissal from team.*

4. Drugs and Smoking- Is NOT ALLOWED! *Choose **NOT** to jeopardize your character, the team, and/or the community's. Hold yourself to high standards and pride yourself in doing the right thing, **ALL OF THE TIME.** "Everyone tries to define this thing called character. It's not hard. Character is doing what is right when nobody's looking"*

- *We will adhere to the University of Akron's drug policy. All testing and monitoring will adhere to University guidelines.*
- *Violation of any TEAM regulation will be dealt with at the discretion of the head coach on an individual basis. Disciplinary measures can range from suspension from practice to cancellation of athletic aid or dismissal from team.*

5. Parents- *Coach Jackson or any members of the coaching staff will not speak to any parents about playing time, shot selections, etc.*

- *You are all adults and will be treated as adults, If you have a problem with any of the above you can come see Coach Jackson and speak with her*

directly with the cognizant knowledge of what has been going on in practice every day.

- *Your parents will be receiving a letter stating this as well. Coach Jackson and members of her coaching staff will speak to parents if they have concerns regarding health, well-being or academics. At that time we will ask the student-athlete's permission to share information because you will still be treated like an adult.*

6. Community Service: BE ACCESSIBLE! *Anything we are asked to partake in, we will make time for*

- **TEAM Community Service-** We will do a TEAM community service activity once a month
- **Mentor/Mentee Community Service-** It is your responsibility to choose a place of community service you would like to volunteer at with your Mentor.
 - This act of Community Service needs to take place in the month of April (Graduating Seniors are required to participate)
 - Candace will help you if you need ideas for places to serve
- **Akron for Nakon- a Jar will be in Coach Jackson's office from now until our Pink Game on Feb 22nd . You are not obligated to do this but if you would like to donate a small donation each month please place it in the jar. Coach Jackson will match whatever the team reaches. We will also have our annual 3 on 3 Tournament on October 24th.**

7. Factual Fridays- During the preseason and postseason

- We will have important speakers talk to you about different topics
- We also may do a TEAM Community Service Event these days
- Keep your Fridays open. We will try and let you know times of these events as soon as we know.

8. Mentor Program- Take advantage of this program. We will have a few required meetings with your mentors but the majority of the interaction will be from you and your mentor. Our 1st required event will be the 2nd week of September.

9. Social Media- *It is your responsibility to represent yourself and our program in a positive manner.*

- We will adhere to The University of Akron Department of Athletics Social Network Policy for Student-Athletes. Anything that negatively reflects on The University of Akron, the athletic department, the community, or the basketball program should not be posted. Anything that references or gives the perception of drug, alcohol and/or tobacco use should not be posted.

- Our Graduate Assistants will monitor all social media accounts. Do NOT block them from any accounts.
- **Improper posts could result in**
 - Individual Run
 - Team Run
 - NO practice
 - Game suspension
 - NO travel with team
 - Suspension from team
 - Loss of scholarship
 - Dropped from team

10. Communication- *Be honest and transparent with all of your communications involving the team, staff, or program. If you make a mistake, take responsibility for your actions and apologize. Lying will only do more harm to any situation.*

STUDENT second.

Academics:

1. **Class Attendance is MANDATORY-** *if you are going to miss class due to illness or medical issues contact Coach Jackson **and** Sarah ASAP*
 - **Failing to GO to Class Could Result In:**
 - NO practice
 - Game suspension
 - NO travel with team
 - Suspension from team
 - Loss of scholarship
 - Dropped from team

2. **Be ON TIME-** *For ALL classes, study hall sessions, academic meetings, etc. Plan ahead and arrive early- give yourself a buffer. If you will be late for whatever reason-CALL 1st, Text 2nd*

3. **Cell Phones-** Cell phones should not be used in the classroom and should not be visible in the classroom. Be respectful to professors and classmates. Cell phones should also not be used during study hall.

4. **Study Hall-** *Study hall should be the LEAST of our worries. Get your hours in and BE PRODUCTIVE.*
 - **1st Semester Freshmen-** *6 hours (hours will be reduced on weeks of travel or holidays) Study hall hours begin Sept. 3rd*
 - **Returners-** *will be evaluated based on past history*
 - **Anyone who earns a D or lower-** *will have increased study hall hours regardless of overall GPA. Below average is simply unacceptable*

5. **Academic Meetings-**
 - **Weekly Academic Checkup with Mark or Adam**
 - **Freshmen-** *Weekly Academic meeting with Academic Coach*
 - **Returners-** *Biweekly Academic meeting with Academic Coach*
 - **1st 2 weeks of school-** *set up meeting with Academic Advisor in Major*

6. **Code of Conducts-** *We will adhere to both The University of Akron Student Code of Conduct and Student-Athlete Code of Conduct.*

7. Communication- *Be honest and transparent with all of your communications involving the team, staff, or program. If you make a mistake, take responsibility for your actions and apologize. Lying will only do more harm to any situation.*

Academic Coaches-

Coach Day- *Shaunay, Shayna, Jordyn, Gabby, Kendall*

Coach Brook- *Molly, Layne, Rachel, Emma, Lo*

Coach Bri- *Alyssa, Haliegh, Caitlin, Colleen*

ATHLETE third.

1. **Attendance-** *No one may miss practice unless excused by Coach Jackson or Sarah*
 - If you did not attend class for illness, doctors appointment, etc. you will not practice
 - Fail to practice can lead to failure to play
2. **Conditioning Assessment-** *You must pass the conditioning assessment*
 - Assessment times are fair and calculated on an individual basis
 - Failure to pass the conditioning assessment will result in early morning extra conditioning where you may run the assessment test again
3. **Be ON TIME-** *For ALL workouts both basketball and lifting/conditioning. Plan ahead and arrive early- give yourself a buffer. If you will be late for whatever reason-CALL 1st, Text 2nd*
4. **Coach Response Time-** *Is 1 hour! You have 1 hour to respond back to a coach or staff member that has called or texted you.*
 - **If your number has changed we need to know ASAP, review contact sheet and let us know**
 - **Using the GroupMe message a response as easy as a like is needed**
5. **Attire-** *Only Akron gear is to be worn at workouts. Team issued gear is to be worn depending on the workout.*
 - **Lifting-** *Wear designated lifting shorts and top*
 - **Individuals-** *Wear basketball shorts and top*
 - **TEAM Practices-** *Wear designated practice gear, always have a third color under shirt*
 - **Shoes-** *Only Adidas Shoes are to be worn*
6. **Presentation-** *You should aim to look respectable at all times. We will talk more about this when we travel*
 - **NO Hats or Hoods are to be worn in a public place**
 - **Dress for the Day-***If you are doing community service or meeting with a mentor, dress appropriately. We will have TEAM issued polo shirts for you.*
7. **Music-** *Music can be played during lifting session, individual sessions, and at the start of Team Practices (Position Work and Stretching)*
 - **Music needs to be kept clean-** *no excessive bad language or derogatory statements*

8. Training Room- *It is your responsibility to frequent the training room as needed. You are an Elite Division One Athlete and need to prepare your body for competition and make time for your body to recover after.*

- Sarah is here for you. Use her and her staff as needed. Treat them with respect. BE ON TIME for all treatment sessions. If you are late let her know. Do not make a habit of it.

9. Extra Shooting- *We are fortunate to have two Graduate Assistants. Utilize them for extra shooting and gym time. They are here to help you get better*

10. Recruiting:

1. BE ACCESSIBLE! *Be welcoming. Be involved. Be yourself. Recruits and their families want to hear from YOU*

2. Visits- *We will have numerous visits both unofficial and official throughout the year.*

- Put the recruit first
- Do NOT leave the host by herself. The host is responsible overall but it is the responsibility of the TEAM to be present. These are YOUR future teammates, you should WANT to get to know them.
- Never put the recruit in an uncomfortable situation
- **NO Underage Drinking-** *It is ILLEGAL to consume alcohol under 21 years old in the state of Ohio*

11. Communication- *Be honest and transparent with all of your communications involving the team, staff, or program. If you make a mistake, take responsibility for your actions and apologize. Lying will only do more harm to any situation.*

Miscellaneous

IPads- *We will hand out iPads this week. You are responsible for the iPad and charger. It is to be returned at the end of the year in good form. Lack to do so will result in you replacing it.*

Cell Phone Use- *NO Cell Phone use when we are at TEAM Meals both at home and on the road. NO Cell Phone use when we have a speaker. Don't want to see any phones out.*

Lounge and Lockerroom- *Keep both areas clean and neat. This is your space. Own it. Only WBB players, staff, and support staff allowed unless Coach Jackson is notified. Do not give out our code to anyone.*