

University of South Carolina Women's Tennis Team Rules

Participating as a member of the University of South Carolina Women's Tennis Team is a privilege, not a right. Team members have the responsibility to act as a representative of the University of South Carolina at all times. Each player should be courteous and respectful of teammates and opponents and participate in all team functions and activities with 100 % effort.

1. Each team member must attend 100 % of all practices and team functions. Any absences must be approved by the Head Coach. You will be allowed 2 personal days per semester.
2. Priorities should be:
 - a. Academics
 - b. Commitment to Athletics and Team
3. Be on time to all team events, including practice, weights, and conditioning.
4. No compromising pictures on social media platforms. Remember, you always represent USC Tennis
5. Each Team member is responsible for her physical condition:
 - a. Prepare physically and mentally for practice and matches.
 - b. Dedicate yourself to team weight and conditioning program.
 - c. Being "out of shape" is unacceptable.
 - d. Any extra workouts outside of additional tennis practice, need to be approved by Head Coach
6. 100 % effort in practice and matches is required at all times. Understand that you are part of a demanding program and will be pushed. "Tanking" (emotional withdrawal) during matches is unacceptable
7. Cell phone usage is prohibited during practice, matches, and other team related activities.
8. Training Room, Injury Maintenance, Doctor, Nutritionist:
 - a. If injured, you must make and keep all medically-related appointments.
 - b. You must attend practice if injured. An alternative workout will be provided for you.
 - c. Any prescription drugs administered to a student-athlete must be taken as instructed. Drugs are not to be distributed to other teammates for any reason.
 - d. Any prescribed plans from trainers, doctors, or nutritionist are expected to be followed
9. The **48 Hour Rule** (no drinking alcohol 48 hours prior to match) is applicable in both the Fall and Spring Semesters. It is understood that underage drinking is illegal. Student Athletes who are of legal age will not provide alcohol to underage athletes.
10. All student-athletes are required to attend 100% of classes unless excused due to sickness or competition. The athletics department academic staff will provide excuse notes for teachers for missed days due to competition. Unexcused absences are not permitted.
11. Treat teammates and coaches with respect at all times. Communicate issues in a direct manner with both fellow players and coaches at the appropriate time.
12. Follow team dress code in both practice and matches.
13. **NO SCHOOLWORK DURING MATCHES.** This goes for fall and spring competitions
14. Cell phones are prohibited at team meals, practice, and matches
15. Travel Days:
 - a. Look nice
 - b. On road trips, any extra curricular activities that individuals plan must be approved by coach.
 - c. When representing South Carolina on road trips, remember your behavior is a direct reflection of the university.

I must uphold the standards of the prom, the Student-Athlete Conduct and Ethics provisions of the USC Student-Athlete Handbook, the Anti-Hazing Policy, all school and athletics department policies with regard to sexual harassment, including sexual violence, as well as other expectations and policies of the athletics department and the University of South Carolina.

My signature below affirms that I have both read and understand the team rules established above, and further that I have been provided the opportunity to ask questions about these expectations. I also understand that my failure to follow these team rules may result in disciplinary action up to and including dismissal from the team and termination of my athletics grant-in-aid. I understand that these expectations may be amended from time to time.

Student-Athlete Name (Print): _____

Student-Athlete Signature: _____ Date: _____