

UCLA WBB EXPECTATIONS



These apply to the team and everyone associated with the program:

1. I will be on time.
2. I will give my best mentally, emotionally, and physically.
3. I will Respect and Represent—myself, our team, the athletic department & UCLA.

Specifically, these expectations apply in this way:

1. Text and call back anyone contacting you about program business within 8 hours. This includes all coaches, staff, student workers, etc... (also inform Pam of cell number changes) _____
2. Have good self-control with what you say (be positive, do not use profanity). _____
3. Communicate in advance. _____
4. Read the calendar and organize/prioritize accordingly. _____
5. Check your email once a day. Respond appropriately. _____
6. No phones on team time. _____
7. No visible tattoos—especially in your uniform. _____
8. No visible hickies. _____
9. Ankle braces/tape for all on-court basketball activities. No jewelry in practice or games. Be ready to go before we start. _____
10. Look for ways to sacrifice your own agenda for the sake of the team. Put your choices through the filter of family, school, basketball. _____
11. Romantic relationships are your business and your choice. However, physical, intimate and/or dating relationships are NOT allowed within the team. _____
12. No illegal substance. No under-age drinking. If over 21, no drinking within 72 hours of games or practice during the season. _____
13. The Athletic Department wants to be sure all S-A know and keep the NCAA rules which prohibit the use of smokeless tobacco during all practices and competitions. These substances should not be used in any campus buildings, including the Morgan Center and Acosta. _____
14. Always have great eye contact with each other and anyone who addresses our group. _____
15. Always welcome and introduce yourselves to anyone that is joining a team function/activity...including practice. _____
16. When representing the program, you must be in UCLA issued gear (unless otherwise directed). _____
17. Chose a growth mindset every day! _____

By signing this agreement, I am saying yes to uphold these expectations...and to quickly own and make things right if I choose to do less than what is expected.

Name _____ Date _____