

The Wildcat "10"

1. "I WILL BE ON TIME." Everyone will be on time to their classes, practice, team meetings, weight training, busses, and games.
2. "I WILL BE IN CLASS AND, GIVEN THE CHOICE, SIT UP FRONT." Everyone is expected to attend class regularly and sit toward the front. Truancies are grounds for discipline by the coaching staff. Notify Coach LeGaux by email at slegaux@hartdistrict.org or by phone (222-1220) in case of absences.
3. "MY LANGUAGE AND BEHAVIOR WILL REFLECT THE HIGHEST STANDARDS POSSIBLE." Profanity, trash talking, and put downs are all unacceptable and will not be tolerated. Opposing players, coaches, fans, and referees will be treated with respect and dignity before, during, and after games. Let's make a "name" for our program that others hope to emulate.
4. "I WILL STUDY." Maintaining a 2.0 GPA is a commitment to my team for our season. Working toward a 3.0 or higher GPA is a commitment to myself for life.
5. "I WILL GET REST AND EAT RIGHT." Our schedule is demanding and you have academic, family, social, and spiritual obligations to keep up. Plan ahead, use your time wisely and get the sleep you need to perform your best. Regular meals with proper nutrition (avoid eating sweets; load up with fruits and vegetables) will provide the energy you need to help fight off colds and the flu that can interrupt your season.
6. "I WILL COMMUNICATE WITH OTHERS IN A RESPECTFUL, FORTHRIGHT MANNER." Whether it is a relationship involving coaches, coaches and players, coaches and parents, or players and parents, issues are best handled early on and face-to-face. Gossiping in the stands, around the dinner table, or in the locker room can only destroy the chemistry we are trying to nurture. The "Golden Rule of the Bleachers" should be "Speak about the children of others as you would have them speak about yours." Parents, we will talk with you about any area of your son's life you want, but team roles are earned through demonstrated ability, hard work, and performance during practices and games and are at the discretion of the coach.
7. "I WILL AVOID DRINKING, DRUG USE, AND SMOKING." In addition to being illegal, use of controlled substances is dangerous, unhealthy, and breaks your commitment to teammates and may be cause for your dismissal from the team.
8. "I WILL DRESS APPROPRIATELY." West Ranch High School has a dress code and the players are expected to abide by it. It is our belief that others should remember you for the excellence of your conduct and play, not the color of your hair or the height of your pants.
9. "I WILL TAKE PRIDE IN OUR FACILITIES." We try to provide quality equipment and a quality environment for our teams. Players have a responsibility in maintaining these high standards by taking care of and not losing equipment issued to them, cleaning the team room and bench area after use and NEVER stealing from the program. In addition, we will leave the locker rooms and team benches of the schools we visit as clean or cleaner than when we arrived.
10. "I WILL BELIEVE IN Wildcat M.A.G.I.C.!" Our motto is "Making A Greater Individual Commitment" and our goal is to meet our potential through the pursuit of excellence in every area of our lives.

This defines what a West Ranch Basketball player should be. By signing in the spaces below we agree with these statements and will strive to abide by them.

Coaches

Player

Parent or Guardian