2023-2024 CRHS Men's Basketball Program Handbook

Guidelines and Expectations



Mentality-Communication-Trust-Response-Self Awareness

HEAD COACH

Quinton Black

ASSISTANT COACHES

Mark Stephens, Charles Boswell, Patrick Hayes

Basketball



Guidelines and Expectations

I. INTRODUCTION

The Disease of Me

SIX DANGER SIGNS OF THE DISEASE OF ME:

- 1. Chronic feelings of under appreciation focus on oneself
- 2. Paranoia over being cheated out of one's rightful share
- 3. Leadership vacuum resulting from formation of cliques and rivalries
- 4. Feelings of frustration even when the team performs successfully
- 5. Personal effort mustered solely to outshine one's teammate
- 6. Resentment of the competence of another refuse to admit his contribution

THE DISEASE OF ME = THE DEFEAT OF US

"The most difficult thing for individuals to do when they become part of a team is to sacrifice; it is much easier to be selfish."

- Pat Riley



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Men's Basketball Philosophy

The philosophy at Cedar Ridge High School is based on the assumption that all players are dedicated to the contribution they can make to this school and this team. Your academics and this team will always come first and there will never be an individual larger than this team.

If we are going to be successful, we must excel in the **team** aspects of the game.

- We must be more dedicated than our opponents must.
- We will play harder defensively than any team in our league.
- We will apply full-court (94 ft) pressure for 32 minutes, and therefore we must be in better condition than any opponent we play.
- We must play with greater <u>intensity</u> and be willing to sacrifice personal glory for the good of the team.
- Most importantly, we must be tougher mentally, physically, and emotionally than any
 opponent we play. It is imperative that we possess a self-discipline and a team
 discipline based on mutual respect for one another that will enable us to get the
 maximum team performance at all times.

Remember we must <u>discipline</u> ourselves and <u>sacrifice</u> things we may want for the success of the team. During the season, you must be willing to sacrifice and deny yourself many things other students enjoy. We must believe that everything we do to make us a better team will be worth the sacrifice. Good things happen to the teams who have individuals who are willing to put forth the effort and work ethic that is required for success. Let us work hard to achieve our potential.

At the end of the year's journey, you should be able to look back at your time with us and have no regrets because **you gave the program 100% of everything you had.**



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II. PLAYER EXPECTATIONS & GUIDELINES

Campus Expectations

- 1. You are encouraged to develop a working relationship with your teachers in order to enhance the opportunity for success.
- 2. We want each student/athlete to graduate within the most reasonable 4-year plan that fits their needs.
- 3. At the beginning of the semester, if you have a scheduling conflict, you need to see your counselor. Show ownership in your education.
- 4. Take headphones off when transitioning to classes. Your teachers may want to speak with you and would rather not maximize their volume for your attention.
- 5. Be polite and respectful to everyone. Treat every person in a manner that you would like to be treated. We are no different from the general student body just because we are privileged to play basketball.
- 6. While in halls, cafeteria, library, and all school facilities, have fun and relax but keep your volumes to a respectful level. There are people in the environment that would rather not be a part of your conversation and would not find it as important or as humorous as you do.
- 7. Be of assistance. We are **CEDAR RIDGE** High School. If you see someone in need of help, take a few seconds to help him or her out.
- 8. If you have an appointment to meet with an administrator, counselor, or teacher, please be prompt.
- 9. Get involved with school activities. Choose not to isolate yourself into the world of athletics.
- 10. Again, you represent this school, this program, your family, and yourself every time you walk on campus. Act like it.



Guidelines and Expectations

Off Campus Expectations

- 1. Make smart decisions. Stay away from situations that are going to lead to problems.
- 2. Nothing good happens in the late hours of the night. If you are out at a certain period, you are looking for trouble.

Your team membership is granted by the basketball staff and can be revoked at any time (in our judgment) if you fail to comply with your part of the agreement.

We will not allow players on our team unless you:

- show a positive attitude,
- give your best effort at all times, and most importantly
- Maintain satisfactory academics.

Being a high school athlete is not a right, it is a privilege. If at any time you disrespect this privilege, you risk losing the privilege.

"Winning is not a sometime thing." - Vince Lombardi

A. Responsibility

You are responsible for your actions. Breaking school & classroom rules are choices and must have consequences. You are a member of something great and being suspended for breaking school rules hurts our team. Use good judgment in the classroom and on school grounds, always keeping the team in mind. Remember, you are a member of this basketball team 24 hours a day.

Consequences: We have a 3 strike policy. Players having three major infractions during their time as a Raider Basketball Player will be removed from the program.



Guidelines and Expectations

Tolerance Agreement

I,, agree to the following tolerance po	olicy for the Cedar Ridge
boys' basketball program. Violations of the following are in line with the	e Round Rock ISD policy
and could potentially result in immediate indefinite suspension or disc	plinary actions. The
coaching staff will determine the length of the suspension on a case by	case basis. These items
include, but are not limited to the following:	
Alcohol and/or drug related arrest of infraction	
 On campus infraction and/or altercations with campus adminis 	trators
 Any conduct resulting in disciplinary actions by the school 	
Effective Date: Immediately	
	_
Student Athlete Signature	Date

Parent Signature _____ Date____



Guidelines and Expectations

Academic Expectations

- 1. Go to class. You would not miss our class (Games), so we expect the same approach to your academic classes.
- 2. Be attentive while in class. Stay awake and involved in class discussions.
- 3. Turn your cell phone to silent and stay off of it.
- 4. Take your hats off. Your teacher needs to know who you are and wearing hats does not help build that relationship.
- 5. Be prompt. When class is starting, you should be in your seat, ready to begin.
- 6. Develop a relationship with your teachers. Give them an opportunity to know you and communicate any issues you may have.
- 7. Make teachers aware if you have to miss class for team travel or random occasions. Do not wait until the last minute to give them a notice.
- 8. Turn in work on time. You are responsible for your assignments during days that are missed.
- 9. Any player that has below an average of 75 is encouraged to go to tutorials every day until that grade is above a 75.
- 10. A mandatory TEAM study hall will be held during the period on Tuesdays in Preseason. My belief is that team chemistry is not only built throughout the course of play but as our students learn to collaborate and help each other off the floor.
- 11. We want our players to experience the opportunity to play at the next level. We will encourage early SAT and ACT preparation and enrollment.

At Cedar Ridge we don't strive to be good, we strive to be G.R.E.A.T

G-Grades First. Players must be diligent students and role models in the classroom.

R-Rise to the Challenge. Don't back down from a challenge. Push your limits.

E-Excellence in all things. Be the best player, son, student you can be

A-Attitudes are contagious. Make sure yours is one we want to spread.



Guidelines and Expectations

T- Team first, individual second.

Game Expectations

- 1. Approach every game with a business mentality. Take advantage of every opportunity you have in a Cedar Ridge High school uniform.
- 2. We look like a team. Every individual will have on the exact same uniform. No one person is more important than the team.
- 3. Play and compete like a champion every time you step on the floor.
- 4. **Do not talk or complain to officials**. Our captains and/or I will speak with officials if necessary. You have enough to worry about without worrying about the officials.
- 5. Wear only team issued equipment.
- 6. Never bring extra attention to yourself, either for good or bad reasons. Champions have experienced success before, act as if you have been a champion before.
- 7. Run on and off the floor if you are substituted. Give your teammate your offensive and defensive responsibility, and prepare to speak with the coaching staff.
- 8. If you are on the bench and there is a substitution, stand up and applaud your teammate's effort when he is coming off the floor.
- 9. When you are coming off the floor, be sure to go down the bench and shake every teammate's hand and move back to the front of the bench and allow the coaches to coach you on things you can do better or simply give you encouragement on things you did right.
- 10. Stay engaged on the bench. **Speak constructively** to your teammates, and cheer every positive play. Do not speak to opponents or officials.
- 11. Do not respond to negativity from the fans; they are seeking opportunities to keep you disengaged. Understand that they would trade places with you instantly. You have a lot more to lose.
- 12. Always shake the opponents' hands after the game. Win and lose with class. Always be a class act!
- 13. Arriving home late following a game does not excuse you from class the next morning.
- 14. The ONLY exception for missing a class is for departure for road trips.



Guidelines and Expectations

Locker Room Expectations

- 1. Keep it clean. After every practice and game, pick-up any trash you or your teammates leave behind. The locker room is a representation of our program, treat it with respect. Coaches have the right to cut off locker-room privileges at any point if cleanliness becomes an issue.
- 2. Watch your language. People will be in and out of the locker room at all times during the day. We must respect everyone who comes in or passes in the hallway.
- 3. If there are any problems (maintenance, individual, team), please report it to a staff member immediately.
- 4. Keep volume of music at a respectable level and be smart about your choice of music.
- 5. If you find something that does not belong to you, immediately report it to a staff member.



Guidelines and Expectations

Practice Expectations

- 1. Never be late. The only acceptable reasons for being late are for academic purposes and if staff have prior notification.
- 2. Wear team issued equipment only or things that are required trainer or doctor issued.
- 3. Work hard to improve yourself without having to be forced. Be serious, have fun within the team, and develop by doing your best.
- 4. No cliques, no complaining, no criticism, no jealousy, no egotism, no alibis. Earn the respect of all as well as give it.
- 5. No sitting or leaning during practice. Do not sit down while you're not on the floor and don't lean against the walls. You are expected to be 100% engaged while revealing a posture that shows the coaches that you are attentive to what is being taught. We do not want signs of fatigue and disinterest; neither are parts of the make-up of this whole team.
- 6. Ask permission before leaving the practice court.
- 7. When a coach stops play, everybody is to give undivided attention.
- 8. Move quickly from drill to drill.
- 9. Do things the way you have been told; we should not have to correct you every day for the same mistakes. Correct habits are formed only through correct repetition.
- 10. If any coach "disciplines you", consider it a compliment. He is trying to teach you and if he were not interested, he would not bother. A player is criticized only to improve him, it is never personal.
- 11. I will stop practice and take disciplinary actions upon the team for reasons that include, but are not limited to: *lack of effort, selfishness, griping at teammates, talking back to a coach*
- 12. Practice plans will be highly organized, structured, and timely. In practice, we will include warm up, fundamentals, team offense and team defense, game competition, and fun. My practices are very intense and efficient. Competition is vital to success.



Guidelines and Expectations

Travel Expectations

- 1. Give teachers prior notification at least one week in advance of dates that you'll be missing.
- 2. While on the bus, conduct yourself as you would while in school. Go over your game notes and begin to prepare.
- 3. You are to wear our travel apparel at that time.
- 4. If and when we go to a restaurant, be respectful and courteous in the environment. Relax and enjoy each other's company, but keep the volume to a low level as other customers will be in the surroundings.
- 5. Upon destination, please stay on the bus until coaches signal you to get off.
- 6. Do not vacate from any premise until you get permission from a staff member.
- 7. Players are responsible for different duties while on the road. Be sure to check the board for your responsibility on each road trip.
- 8. All players are required to ride the bus home after games unless there is a reasonable excuse. We win and lose as a team.
- 9. Always leave facilities and bus areas, as they were when we arrived. If a teammate leaves something behind, be sure to let them know or be a good teammate and pick it up for them.
- 10. We Travel as a team to and from each game. All student-athletes will always travel with the team.

We are Cedar Ridge, we will own and display great character and high morals at all times.

Home Games:

It is the expectation that Varsity players will watch the JV play until it is time to warm up, and the JV will stay and watch the Varsity play. We understand that special circumstances might arise; we will handle those on an individual basis. However, a player that continually chooses to leave without supporting the other team may be removed from the program. All teams are to sit together to watch the varsity game.

Away Games:

Please be sure to keep our teams together. We are not to go wandering around other school campuses or gyms. We are all to sit as a team in one area to support the varsity game.



Guidelines and Expectations

Weight Room Expectations

- 1. Work as if you are on the court in a practice or game setting. The weight room is what can transform a good player into a championship team.
- 2. Attack with enthusiasm and energy in every workout. It is rewarding when you are working and feel the physical change in your body.
- 3. Do not sit or lean on machines while working out. Again, this shows a sign of fatigue or lack of interest.
- 4. Move quickly from station to station. If we are going to play fast, we have to learn to operate at a fast pace.
- 5. Respect the coaches who are instructing. Discipline is the same regardless of who is leading the drill.
- 6. Watch your language. Accountability and respect is a high priority at CRHS and we will conduct ourselves in that manner.
- 7. BE CAREFUL in the weight room. Make sure you are always working with a partner as the weight room can be a dangerous place.
- 8. Take advantage of every opportunity to get bigger, stronger, and faster.
- 9. We will take on the same approach in the weight room as we do on the basketball court.
- 10. Conditioned and in shape players are less likely to be injured.



Guidelines and Expectations

III. BASKETBALL EQUIPMENT

Check-out Policy & Procedure

- 1. Team practice gear will be issued before the first practice. It must be returned no later than a week after the final game.
- 2. All team-issued practice gear MUST be turned in after every practice
 - A. Place all items in your laundry bag and then in the laundry basket
 - B. Players are responsible for all gear not turned in.
 - C. If gear is lost, players are responsible for paying for the item of which was lost.
- 3. All team-issued game gear MUST be turned in after every game
 - A. Place all items in the laundry bag
 - B. Players are responsible for all gear not turned in
- 4. If a player decides to quit or is released from the team, that player must return all team-issued apparel, practice gear, and game gear. Failure to return all items will result in meetings with parents and/or administrations.
 - A. Players who quit or are cut but wish to stay involved in the program in a different capacity may keep their team-issued apparel.
 - B. Those players MUST be present at all team functions, practices, and home games. Failure to maintain this attendance standard will require the return of the apparel.



Guidelines and Expectations

Equipment Check-out Contract

I have read and fully understand the Cedar Ridge High School Basketball Equipment Policy. I understand that I am responsible for all team-issued apparel, practice gear, and game gear. I understand that failure to return all this gear will result in parent and administrative meetings.

Print Name	 	
Signature	 	
Data		



Guidelines and Expectations

EXPECTATIONS OF COACHES

Players, parents, and supporters of the Cedar Ridge Basketball Program can expect the following from the coaching staff:

- We will be positive role models.
- We will be leaders and motivators.
- We will be firm and fair with discipline.
- We will put the TEAM first, and the individual second.
- We will be positive, supportive, and encouraging.
- We will be prepared and organized for practices and games.
- We will be honest about players' roles on the team.
- We will work to follow and uphold all Basketball team expectations.
- We will instill discipline.
- We will create a respectful winning culture.



Guidelines and Expectations

ALL LEVEL BASKETBALL TEAM EXPECTATIONS

Varsity Expectations:

The varsity team represents the highest level of competition at Cedar Ridge HS. Our goal is to win a District Title and ultimately compete for a Class 6A State Championship. Players will not receive equal playing time. Every team member has a role and that role is very important. Our goal is to put together the best 12-15 players to compete at the varsity level. Any freshmen, sophomores, juniors, or seniors can play on the varsity team.

SUB VARSITY Expectations:

The goal of the sub varsity team is to prepare players for Varsity competition. JV games allow players to gain experience and improve their skills. Any freshmen, sophomores, or juniors may play in a junior varsity game. Some players will be asked to play in both varsity and jv contests. As with the varsity, all players will not always receive equal playing time.

Parent Conferences Guidelines:

If parents need to set up a conference with the coaching staff, please do not hesitate to contact us via email or phone. I would love the opportunity to meet with you about your student-athlete or any other issues. However, we will NOT talk about playing time, coaching strategies, or other players on the team. If there are any issues, I will always talk to the player first. If the issue is not understood, I will then call for a conference with the parents.



Guidelines and Expectations

TEAM RULES

- BE PUNCTUAL (IF YOU ARE RIGHT ON TIME YOU ARE LATE)
- SHIRTS TUCKED IN ON THE COURT AND DRESSED IN THE CORRECT CLOTHES
- NO JEWELRY
- BE PREPARED
- GET BETTER EVERY DAY

CONSEQUENCES

- FORGOTTEN EQUIPMENT OR CLOTHES = NASCARS
- UNEXCUSED LATE TO PRACTICE = Automatic 5 Nascars + 1 for every minute late
- UNEXCUSED MISSED PRACTICE = Automatic 10 Nascars + 18 Laps (1 mile) in 6:30
- EXCUSED ABSENCES FOR PRACTICE OR GAME = 18 Laps (1 mile) in 6:30
 - o EXCUSED MEANS ANYTHING THE ATTENDANCE OFFICE EXCUSES, (EX. ILLNESS)
- CHRONIC UNEXCUSED LATE OR MISSED PRACTICE RESULTS IN REMOVAL FROM THE TEAM
- ***** Exceptions to the rule will be examined on a case by case basis****



Guidelines and Expectations

NON-NEGOTIABLES

- Be prompt or early class, meetings, practices, and games
- No DRAMA, if you make other players on the team unhappy, FIX IT
- GAS OUT. Move with URGENCY
- If you are not playing, cheer for those who are
- When responding to your coach, the correct response is, "Yes, Coach"
- Always tell your coaches the truth
- Lend a hand in practice setup and breakdown
- Always have your uniform tucked in properly
- Treat equipment with respect
- Keep the locker room clean
- Run when you know you might be late
- At practice, be focused on the task at hand, not social plans, school problems that do not concern our TEAM Goals
- Always give respect to your teachers, coaches, teammates, and anyone you encounter
- Do not use profanity. You represent Cedar Ridge Basketball with class



Guidelines and Expectations

Travel Policy

All players will travel on the bus with the team to competitions, per RRISD Rules. If a player misses the bus, they will not play in the game. We have a set time in which we schedule to leave and our players are expected to be on time

Home Games:

It is the expectation that Varsity players will watch the sub varsity teams play until it is time to prepare for chalk talk. The sub varsity teams will stay and watch the Varsity play. We understand that special circumstances might arise and we will handle those on an individual basis. However, a player that continually chooses to leave without supporting the other team may be removed from the program.

Away Games:

Players are required to travel on the bus to and from each contest. We encourage all players to ride home on the bus with their teammates. Bus rides after a win or a loss are a great time to build team chemistry. ALL PLAYERS WILL RIDE TO AND FROM THE GAMES ON THE BUS WITH THE TEAM.

Travel Expectations:

Bus rides to games are expected to be a time of focus and preparation. The bus should not be loud or obnoxious. Athletes need to visualize and prepare for the contest.

We will be on our best behavior in restaurants, stores, locker rooms, etc. We will leave places better than the way we find them. Team dinners are for the team; not a time for you to be on your cell phone. Please keep it off of the table and only use it if necessary.

When returning home, all windows will be rolled up, trash picked up, and equipment removed.



Guidelines and Expectations

VARSITY LETTERING POLICY

1.	The athlete must appear in at least 2 varsity contests to become eligible for a varsity
	letter

- 2. The athlete must complete the entire season. The season is not complete until our final game whether that is a regular season or playoff game. Freshmen and sophomores who meet the first criteria but do not continue to practice during the playoffs forego their right to earn a varsity letter. The athlete must adhere to all team rules and regulations and have no major disciplinary infractions.
 - The athlete must not have any major team disciplinary infractions that lead to her dismissal from the team.
 - The athlete must not have any major school and/or classroom disciplinary infractions that tarnish our image, that lead to missed practices or that leads to dismissal from the team.
- 3. The athlete must return all issued equipment in acceptable condition.
- 4. Head coaches have the right to award letters as they choose.



Guidelines and Expectations

SOCIAL MEDIA

Because players and teams are associated with RRISD - inappropriate use of social media can be subject to discipline at school.

Student Athletes are to refrain from using social media (ie) SnapChat, Instagram, Tik Tok, Facebook, Twitter, etc... in a way that is negative to a specific person or team. If a player is proven to have breached team rules in this manner, he/she can be subject to the discipline model of the athletic program.



Guidelines and Expectations

PARENT COMMUNICATION PROCESS

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Level 1:

Encourage your son to speak directly with the coach; many times this can take care of itself. If you have a specific question, please wait 24hrs after a competition to contact your coach.

Level 2:

If you have contacted/conference with the head coach, and wish to also have the Campus Athletic Director involved, please contact the head coach, and request that the athletic director is involved. (The head coach may also request that the athletic director sit in on a parent meeting.)

Level 3:

If you are interested, the campus principal is also available to sit in on a parent meeting if #1, #2, do not provide resolution

Athletic Office at Cedar Ridge High School (704-0271) to set up an appointment at least a day in advance.

If the coach cannot be reached, speak to the Athletic Secretary or leave a message. A return call from the coach will be arranged, or a meeting set up for you.

REMEMBER – Your concerns are important to us. Never hesitate to follow the above procedures to make those concerns known. Together we can work to improve our athletic programs.



Guidelines and Expectations

Discipline Model Protocol "3 Strike Policy"

First Offense

- Meeting to include the head coach, and the student athlete and an assistant coach.
- Parents notified of the meeting and outcome identified.

Second Offense

- Meeting to include the head coach, the student athlete, a designated administrator, and student-athletes parent/guardian.
- Student-athlete placed on behavior plan/contract pre–approved by Campus Athletic Director.

Third Offense

• After consultation with the Campus Athletic Director and the Principal, students who continue to find difficulty in following the extracurricular Code of Conduct may be subject to suspension or dismissal from extracurricular activity.

Suspension from Participation in Athletics

The following are examples but not limited to, reasons that may result in the suspension of a student-athlete. The length of suspension is at the discretion of the Director of Athletic Director and the Head Coach.

- Participants **who receive off-campus suspension** for disciplinary reasons will not be allowed to participate or practice during the length of the suspension. Participants will be eligible on the next day following the suspension.
- Ejection from a contest by an official, coach, or athletic director for unsportsmanlike or other inappropriate behavior.
- Actions punishable by the school administration which occurs outside the normal school day but while the student-athlete is involved in his/her sports season.
- Participants who are assigned to the ROCK campus are not allowed to participate in UIL.
- If you choose to pull your student-athlete from the team, please understand they will not be allowed to return to the team.



Guidelines and Expectations

To Whom It May Concern:

It is the goal of the athletic program to offer the opportunity to participate for every student who has the ability and desire to do so. Participation is a privilege, not a right.

Quitting a Sport

There will be times when an athlete finds it necessary to quit playing a sport before, during, or after the season. The following should be followed in order to quit a sport:

- 1. The athlete should talk to the coach. The coach should ask for a note from the parents indicating they are aware of the decision.
- 2. The student may need to be placed into a Physical Education class in order to complete the credit begun in athletics or stay in the athletic period until such time as a schedule change can occur, which could be the next semester.
- 3. All equipment issued must be returned or paid for.
- 4. An athlete shall not join another sport until the end of the season of the sport he/she has quit.
- 5. It shall be the coach's decision whether to allow that student to return to the sport in the future.

Student			
has chosen to not play <u>Basketba</u> any longer. He/she understands that this is his/her choice, ar must adhere to the above guidelines.			
Student Signature	Date		
Student Signature	Date		

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We understand that our son/daughter does not want to play <u>Basketball</u> and by making this choice, forfeits the opportunity to play in the future at Cedar Ridge High School.

Parent Signature Date



Guidelines and Expectations

STUDENT / PARENT AGREEMENT FORM

"I have read the basketball handbook and I agree to abide by these policies and rules contained in the handbook." Player Signature Date **Parent Signature Date** "I agree that my name and picture may be published on our web-sites." Player Signature Date **Parent Signature** Date "My son and I have read and understand all the information contained in the RRISD Athletic Code of Conduct concerning use of illegal or controlled substances. We agree to abide by the rules and regulations of this code." **Player Signature** Date **Parent Signature Date**



Guidelines and Expectations

Parent Expectations

- Remember that you are at the contest to support and encourage your team, not to intimidate or ridicule the other team, officials, and coaches.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Show respect for the opposing players, coaches, spectators and support groups. Respect the integrity and judgment of game officials.
- Use only cheers that support and uplift the teams involved. Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
- Parents and spectators should be aware that the school can (and should) remove them
 from the premises and can prohibit them from attending future contests due to
 undesirable behaviors. Game officials can ask that school administrators have unruly
 fans removed from a contest facility.
- There is no such thing as a "right" to attend interscholastic athletics. Interscholastic athletics are considered a "privilege" and the spectator who avails themselves of it is expected to conduct himself or herself accordingly. Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

Parent Name (please print)	Date:
Parent Name (please print)	Date:
Parent Signature	
Parent Signature	