1. **Student Athlete First**
   * Student 1st, Athlete 2nd
   * Focus on grades
   * Expectation: Maintain Division 1 eligibility requirements. 2.3GPA or higher
   * Actions to be taken when grades aren’t meeting the standard
     1. Additional study hall time
     2. Suspension until grades are pulled up
     3. Dismissal from team
2. **Be Respectful**
   * Disrespect will not be tolerated!
   * Respect your Coaches
   * Respect your Teachers
   * Respect your Parents
   * Respect your Teammates
   * Respect your Opponents
   * Respect the Game
   * Disrespect comes in many different forms. When it is determined you have been disrespectful the following actions will be taken
     1. If you unintentionally disrespect someone you will have a talk with a coach to educate you on how/why what you have done can be considered disrespectful, and you will be instructed to apologize to the person, or persons you disrespected.
     2. Blatant disrespect will result in immediate reprimand and the following disciplinary actions:
        1. Running/special conditioning
        2. Expulsion from practice, and or game
        3. Loss of playing time (amount will be determined on a case by case basis)
        4. Dismissal from team
        5. School level disciplinary actions.
3. **No Energy Vampires**
   * Your energy is contagious. If you enter practice, game, film session, weight room, etc. with a negative attitude others will catch it.
   * Provide the team with positive energy at all times.
   * If someone is being negative it is the teams job to lift them up and bring them back to positivity
   * Steps to take in order to eradicate an energy vampire
     1. Attempt to help your teammate by providing them with positive emergy.
     2. Notify Coach(es) of Energy Vampire and your attempts to help.
     3. Coach will pull aside and attempt to identify problem and find a solution
     4. If athlete is still being an energy vampire they will be instructed to take a “gratitude walk”
        1. A gratitude walk is a 10min walk in which you remind yourself of all the things in your life that you are grateful. You will be surprised at how quickly your mood can change when thinking of the things you have positive in your life.
     5. If Energy Vampire refuses to take the “gratitude walk” or maintains the negative attitude after, they will be asked to leave.
        1. If asked to leave practice, a workout, film session, etc. the Energy Vampire may lose playing time at the discretion of the coaching staff.
     6. If the problem persists or becomes a regular occurrence the Energy Vampire may be suspended or removed from the team.
4. **Be Coachable**
   * When a coach stops practice and attempts to tell you something they believe you messed up **DO NOT** make excuses. Explain what you saw, or reacted to when asked (remember you must respond with an answer when asked a question), but when told you reacted wrongly simply listen to the instructions given, and learn from your mistake.
5. **Trust**
   * Trust that the coaches will put you in the right place to succeed.
   * Do your job to the best of your ability at all times so your coaches and your teammates can trust you.
   * Trust in your own personal abilities. Be confident in your actions by being prepared.
6. **Communication**
   * Communication is key to our success.
   * Off the Court
     1. Let coaches know what is going on. If a coach ask you about your day, what is going on at home, what is bothering you, etc. you must respond truthfully. If you don’t truthfully communicate your issues you leave things up to interpretation of the coach.
     2. Always respond when contacted by the coaches, and do so in a timely manner.
     3. Text if going to be late to practice, workout, etc. no matter the reason.
        1. You will still be held accountable for your tardiness no matter the reason, but failure to communicate will result in harsher penalties.
   * On the Court
     1. A quiet gym is a losing gym!
     2. Be Loud, Be Clear, Be Confident
7. **Be on Time**
   * Hornet Time= 15 min early is on time. Everything else is late!!!
   * Whether you drive or not, **YOU** are responsible for being on time.
   * Disciplinary Actions for tardiness:
     1. Running/special conditioning (more for those that don’t communicate tardiness)
     2. Repeat offenders may lose playing time at the discretion of the coaching staff.
     3. If tardiness becomes a serious problem a parent meeting will be called to address the issue
     4. If issue does not improve dismissal from team may result at the discretion of the coaching staff
8. **WE>Me**
   * Team 1st
   * What is best for the team is what is best for you
   * Personal stats come 2nd to a win
9. **Be Accountable** 
   * Hold yourself and your teammates accountable to our standards.
   * Do not blame others.
   * Do not make excuses
10. **Always Clean up after yourself**
    * Our locker room should always remain spotless
    * When we go play somewhere else the bench area, and locker room we use should be left spotless. It is the job of the team, not the coaches, to clean up.
    * When we travel to play out of town your hotel room should remain clean at all times.
11. **Look the Part**
    * All players are responsible for wearing the correct warmups to games, during warmups, etc.
    * We should always look like a team. That means when we travel to play somewhere you should always wear the correct Baker gear.
12. **Must follow Baker High School Code of Conduct**
    * If you are disciplined by the Baker High School administration for a violation of school rules, you will also be disciplined by the coaching staff.
    * You are expected to adhere to all school rules at all times.
    * Any instance of disciplinary action from the school (retract, suspension, etc.) will result in the following: (resulting disciplinary action will be determined based on severity of violation)
      1. Running/Special Conditioning
      2. Loss of playing time
      3. Dismissal from team