



P.O. BOX 770504
Orlando, FL 32877

Phone: 407.641.7176
allstars@allstarsabc.com

PARENT CODE OF CONDUCT

Our organization is committed to the principles of the National Association of Youth Sports (NAYS). In keeping with NAYS ideal of the Double-Goal Coach® – who has a goal of winning and an **even more-important goal of teaching life lessons through sports** – I will be a Second-Goal Parent®, focused on the goal of **using sports to teach life lessons**, while leaving the goal of winning to players and coaches.

I will use positive encouragement to **fill the Emotional Tanks** of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

I will reinforce the “**ELM Tree of Mastery**” with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

- encourage my child to exert maximum **Effort**
- help my child **Learn** through sports
- urge my child to get past **Mistakes** by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by **Honoring the Game, respecting ROOTS** (Rules, Opponents, Officials, Teammates, and Self). **If I disagree with an official’s call, I will Honor the Game and be silent.**

I will use a **Self-Control Routine** to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk (“I need to be a role model. I can rise above this.”)

I will **refrain from negative comments about my child’s coach** in my child’s presence so that I do not negatively influence my child’s motivation and overall experience.

I will be as prompt as possible dropping my child off and picking my child up from practices and games.

I will engage in **No-Directions Cheering**, limiting my comments during the game to encouraging my child and other players (from both teams).

STUDENT ATHLETE CODE OF CONDUCT

1. Work hard at school and maintain good grades;
2. Have a positive, never quit attitude;
3. Train and play to the best of my ability;
4. Demonstrate sportsmanship;
5. Practice basketball skills on my own time;
6. Respect my coaches and my opponents;
7. **Respect officials and accept their decisions without dissent;**
8. Give encouragement to my teammates;
9. Never boast before a game or after a winning;
10. Learn the rules of the game;
11. Learn the rules, policies, and procedures of the team and league;
12. Attend and be prompt to all practices, games and team functions;
13. Notify the coach in advance if I will be tardy for or unable to attend a practice, game or team function;
14. Immediately report any injury to the coach;
15. Approach the coach with any personal or basketball-related problem on a one-on-one basis.

Furthermore, I will not:

1. Leave a practice, game, or team function without informing the coach;
2. Engage in dissent towards an official;
3. Use profane or vulgar language;
4. Use a controlled substance (drugs) unless prescribed by a physician;
5. Drink alcoholic beverages or use tobacco products;
6. Never forget that I represent ALL STARS ARE BRIGHT CORPORATION BASKETBALL PROGRAM.



P.O. BOX 770504
Orlando, FL 32877

Phone: 407.641.7176
allstars@allstarsabc.com

PLAYERS - PRACTICE ATTENDANCE

We only have one practice per week so there is a lot of training we need to fit to prepare for the weekend competitions.

- **Excused** - staying home from school because they were sick, a family emergency, another sport conflict if we've discussed this in advance, or a religious/all school event. We understand and encourage the players to participate in other sports and will partner with each parent to make things work however we also need to stick to the commitment they have made in accepting the positions on their teams.
- **Unexcused** - social events (parties, concerts, sporting events, etc.) and homework will be considered unexcused absences. We value our players being good student-athletes and excelling in the classroom as well as on the basketball court but we ask that this not be a reason to miss the one practice we have per week. If they absolutely cannot complete their homework in study hall or after school, please have them bring their homework to practice and they can complete it on the side line while still supporting their team so they know what was covered in practice.

Please have your son or daughter text their coach by noon that day if he/she ever needs to miss practice and the reason why she is missing

If your son/daughter will miss practice due to **an unexcused absence they will sit out for the entire first half of the game** that upcoming weekend. We truly do not want to be disciplinarians and would prefer to focus on coaching and developing your sons and daughters but because of the reasons above it needs to be implemented. Please contact your coach with any questions you have regarding this policy!

Please make sure your sons and daughters are there 10-15 minutes prior to practice so they have their shoes on and are ready to go as soon as the other team finishes their practice.

PLAYERS - GAME ATTENDANCE

If your child has any school related events, other sport conflicts, travel plans, etc. that you know of at this time please email them to your coach and copy Roberto Figueroa. robfigueroa@allstarsabc.com

For all weekends, please let your coach know every week by Friday at noon the latest if your son or daughter cannot attend the weekend games.

Please make sure the players are there **AND READY TO PLAY** a half hour prior to game time. If they are not ready to warm up when it's time to get on the court, they will sit for the first quarter of the game.