



As a team member of Ka Ulukoa...

1. I will be **honest** and tell the truth when interacting with teammates and coaches.
2. I will learn how to set **goals**, live by them, and develop a lifestyle that will produce success on the court.
3. I will be positive, put the team first, and engage in behavior that **contributes to team chemistry**.
  - a. I will overcome the urge to be negative, take part in cliques, act selfishly, or engage in behavior that disrupts team chemistry.
  - b. I will be a part of the solution, not part of the problem.
4. I will work hard to **maintain a good academic standing** (2.75 or better).
5. I will be **loyal** to my teammates, to my coaches, and to my club/program. I will not talk bad about any of the above or air “dirty laundry.”
6. I will use good listening, verbalization, body language, and eye-contact skills at all times. (This is also known as the **Acknowledgement Rule**).
7. I will be **accountable** (responsible) for all team requirements, i.e. completing assignments on time, being dependable, being to practice on time, etc.
  - a. I will be at practice and ready to start training 15 minutes early.
  - b. I will clean up after myself and the team at every venue (where ever we go).
  - c. I will make sure that the equipment is accounted for.
8. I will train at the highest level possible. When I walk onto the court, I understand that my coach and teammates expect **maximum effort** from me at all times.
  - a. I will hold myself and my teammates accountable.
9. I will learn to **anticipate upcoming responsibilities**. I will address issues as they arise, being the first to speak up first if things need to be taken care of.
10. I will demonstrate **good sportsmanship** at all times.
  - a. At the end of matches, I will seek out the opposing players and coaches, as well as the referees, and acknowledge them.
  - b. At the end of practice sessions, I will acknowledge teammates, coaches, and anyone who contributed.
11. I will accept the decisions of the coaching staff regarding playing time. I will **support my teammates** when I am not in a match.

I, \_\_\_\_\_, have read, understand, and agree to be committed to the above expectations. Furthermore, I understand that failing to meet any of the criteria above may have an impact on my ability to practice with the team and participate as a member of the Ka Ulukoa program.

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date