



LAKE BRADDOCK GIRLS' BASKETBALL

PROGRAM RULES & EXPECTATIONS 2023-2024 SEASON

All players in the Lake Braddock Girls' Basketball program must abide by the following program rules and expectations, and any other standards communicated by the coaching staff. Players must also abide by any applicable VHSL/FCPS/LBSS guidelines regarding COVID-19 safety protocols throughout the season. These guidelines may be modified throughout the course of the season.

Conduct:

In general, all players should refrain from any behaviors (during practices and games, during school, or in any other public or private interactions) that would reflect poorly on themselves, their team, the program, or the Lake Braddock school community as a whole. This includes all online activities and methods of online communication, particularly all forms of social media. The use of alcohol, drugs, energy drinks, and other prohibited substances per FCPS policy is strictly prohibited. Hazing, bullying, or any harassing behavior is strictly prohibited, and any knowledge of such behavior must be immediately reported to the coaching staff.

Commitment:

Lake Braddock Girls Basketball should be each players' priority above all other extracurricular activities from the start of the season through the end of the season. Academic, family, or religious commitments are not considered extracurricular activities. All players should be aware that attendance at practices and games is required in order to maintain good standing on the team, and practices and games for all levels may occur on Saturdays and school holidays, including over winter break.

Communication:

All players must understand that dates, times, and locations for practices and games may be subject to change for any reason during the season. Practice and game schedules will be posted on the Lake Braddock Girls Basketball website and distributed via email, but certain changes may be communicated orally. It is each player's responsibility to stay in contact with their coaches and teammates for any schedule updates. All players must communicate absences or late arrivals to practices and games directly to their head coach, with a reasonable amount of advance notice. Players must communicate all known absences and potential conflicts to the coaches during the tryout process.

Eligibility:

All players are expected to be student-athletes and must maintain good academic standing throughout the season. All players must comply with all applicable VHSL, FCPS, and Lake Braddock Secondary School rules and policies in order to maintain their eligibility to participate in practices and games. Any concerns regarding a player's academic standing may be a reason for holding players out of practices and/or games.