

## **Team Policies**

- No cussing or trash talking.
- Be respectful to coaches. **DO NOT** give a coach attitude. This would bring about severe consequences.
- Be respectful to your teammates. Encourage each other, even when things aren't going well.
- Pick each other up. If a teammate falls, then 4 guys should be there to pick him up. If an opponent falls, then 5 guys should be there to pick him up.
- When a coach addresses you, look them in the eye. This shows you are paying attention, and it is a sign of respect.
- **NEVER, EVER, EVER QUIT!**