



Oakmont High School Boys Basketball

2022-23

Player Contract

I, _____, while a participant on the Oakmont High School Basketball team promise and agree to:

1. Be in attendance at all practices, meetings, and competitions.
 - a. I will be dressed and ready before practices 15 minutes before the beginning time of practice.
 - b. I will be dressed and ready before games at least 1 hour before game time.
 - c. I understand that meetings with the coaching staff and/or practices are subject to change.
 - d. Any practice tardies result in a post practice 4x4 (4 suicides and 4 laps in 4 minutes).
 - e. Any practice unexcused absence results in sitting out a half of the next game. Every other missed practice results in an added missed half of a game.
 - f. Lack of commitment to my teammates is not fair to them or the coaching staff.
2. Contact my respective team's head coach PERSONALLY before practice or games should an unforeseen emergency situation arise that may prevent me from being in attendance (consequences may still apply).
3. Attend school on a daily basis and not be tardy to class.
4. I understand that I am a student FIRST and it is a PRIVILEGE to be an athlete at Oakmont. However, I will not sacrifice team related activities for academics, nor will my grades suffer because of my time on the team. I will BALANCE both my academics and athletics.

5. Maintain at least a 2.0 GPA with no more than one F. If I have less than a 2.0 and/or an F or D I will attend after school hour tutoring/study hall until I raise that grade up to at least a C.
6. Will not use inappropriate language or demonstrate a negative body language EVER.
7. I will be a team player and keep a positive ATTITUDE. If I don't, it will cost me running lines.
8. Must sit with my team before and after competition, unless I have permission from my team coach.
9. Treat all teachers, administrators, coaches, officials, spectators, and other players with respect and courtesy.
10. Will exhibit good sportsmanship and leadership on and off the field.
11. Refrain from using drugs, alcohol, tobacco products, and inhalants. Failure to do this will result in an automatic removal from the team/program.
12. Return or replace any equipment or uniform issued to me at the end of the season. If I don't, I will need to pay to replace the items.
13. Follow all reasonable requests made by the coaches, especially involving practice, diet, rest and competition.
14. Report any personal injury/illness or teammate's injury/illness to a coach immediately. I am expected to attend both practices and competitions while injured, depending on the circumstances of the injury/illness. I understand the difference between being HURT and being INJURED and will only sit out if I am truly injured.

I accept and agree to abide by the rules outlined in this document:

Athlete's Print Name

Athlete's Signature

Parent's Print Name

Parent's Signature



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Parent/Guardian Responsibilities

1. Parents are expected to treat players, coaches, opponents, and officials with respect and dignity.
2. Comments by parents and their guests from the sidelines should be encouraging and/or complimentary. Parents and guests should refrain from making comments about players and coaches' mistakes or errors.
3. Parents will refrain from making derogatory comments to referees at any time.
4. Coaching basketball is to be done only by coaches on staff. Parents agree to refrain from coaching players during all games and practices.
5. Practices/game huddles/game halftimes have a closed door policy and I will respect the privacy of the relationship between coaches and players during this time.
6. Parents should discuss player and/or team concerns and problems directly with the head coach. These discussions will not take place directly before or after a game. I understand the 24-hour rule, which states that if there is an issue to be discussed about something that happened in a game or practice, parents will wait 24 hours to address the issue with the coach. This gives time for cooler heads to prevail and thoughtful responses to take place.
7. I understand that it is not about the five best players - it is the five players that work together the best!
8. Playing time will not be discussed between coaches and parents. Any issues involving playing time will be discussed between that individual player and the coaching staff.
9. Parents should make sure their son attends all practices and will be on time.

10. Parents should do their best to schedule appointments, family vacations, and outings around the practice and game schedules. (Coaches will do the same.)
11. Parents are expected to support the coaches and encourage their athlete to do the same.
12. Parents will participate in the fundraising and helping with a variety of tasks to run the program, such as concessions and the ticket gate, regardless of the amount of playing time my son is given.
13. I understand that my son and I have a \$300 fundraising obligation for the season to cover the cost of:
 - a. Tournament fees
 - b. Practice jerseys
 - c. Game jerseys
 - d. Film software for games
 - e. Team banquet fund
 - f. Backpacks
 - g. Shooting shirts
 - h. Other miscellaneous items

****Any funds raised going towards the program is expected to be kept by the program and the player is not obligated to keep the fundraised money if player so chooses to leave/quit/does not make the final cut at tryouts****

Coaches Contacts

Varsity:

Mark Telles – Head Coach 916-792-2669/tellesmark12@gmail.com

Davis Masters – Asst. Coach 530-391-1510/davis.masters1@gmail.com

JV:

Michael Almeda – Head Coach 916-969-5439/intensitybasketballtraining@gmail.com

Frosh:

Michael Curtin – Head Coach 925-849-7650/mcurtin@apu.edu

Parent's Signature

Date