**OLQM Team Guidelines**

1. Players will do all they can to keep their commitment to the team by being on time for all practices and games. If a player has to miss a practice or game, please email/call ahead of time so coaches can adjust lesson/game plan for that day.

2. In general, the more committed a player is to being at practice, the more improvement and the more the player will learn. Practice is considered a classroom situation and therefore will start on time and expect players to be on time. Consider practice like homework and games like a test. If you miss practices then you may not be ready for the game.

3. Please be dressed and ready to begin warm-ups 30 minutes before each game.

4. We hustle on and off the floor/field during all games and practices. Sprint on and off the floor/field during substitutions and timeouts. Check in at the scorer’s table for all substitutions. Only come on the floor when the official calls you in.

5. Players wait outside the gym/off the field when another team is practicing before. **Bring water bottles and practice jersey every day.** **You will be responsible for your own water at all games too!**There is no drinking out of the water fountain or water exchange between athletes. At OLQM we do have a refillable bottle filler on our fountain. Please be mindful that not all schools will. Please be prepared.

6.  Parents please pick up your child on time after practices/games so coaches do not have to wait until you get there.

7. When we play on the road please dress neatly over your uniform.  No lockers will be used this season. Please come ready and prepared.

7. **When we wear our white uniforms, shirts that are worn under a uniform, if visible, must be white. When wearing our blue uniforms, shirts that are worn under a uniform, if visible, must be royal blue. No earrings or jewelry can be worn during games or practices. Socks must be white, black, or royal blue**.

8. Our coaching philosophy will be to focus on the fundamentals, understanding the game, execution, fun and winning. There will be times when parents may not like a call or a decision. Please remember we are representing Our Lady Queen of Martyrs at all times. Please no bantering or yelling at the officials, EVER our athletes hear and mimic us. **Also, if you have a concern that you would like to bring to a coach’s attention please give it 24 hours before reach out.**

We are lucky to be able to have a season this year.  It is important that we are all following the guidelines in place with Oakland County, CDC, OLQM and visiting locations. There will be **NO GATHERING OF ANY KIND WITH SPECTATORS INDOOR OR OUT OF CHURCHES AND SCHOOLS WHERE BASKETBALL IS BEING CONDUCTED.**I have assured our leadership that we can successfully have a basketball season. I need everyone's help to make sure this happens.

Let's be mindful and kind during this time.  Let's work together to bring joy, health and happiness to all our young athletes.

Go Vikings!