

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 us. Bring water bottles and your practice jersey everyday to practice. **Parents please pick up your child on time after practices so coaches do not have to wait until you get there.**
6. When we play on the road at other gyms please dress neatly as you will be representing the school and parish. Our uniforms have recently been purchased and need to last for several more years. Never wear your uniform to practice or scrimmages. Please wash them appropriately.
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. Also if you have a concern that you would like to bring to a coaches attention please give it 24 hours. This will give everybody time to think it through.