Norman High
Tiger Basketball

PLAYER HANDBOOK

“We are what we repeatedly do!
Excellence then is a habit, not an act!”-Aristotle

Our Mission:
The Norman Tiger Basketball program will be characterized by an unrelenting passion for excellence.
INTRODUCTION

The development of a basketball player is a team effort. It begins in elementary school and progresses each year through high school and, for some, college. This team effort is a coordinated and progressive development of the player by their coaches. To successfully develop the Norman Tiger basketball team, coaches and players will rely on the positive support of all faculty, administrators, fellow students, and family.

The purpose of this guide is to acquaint our players with our basic philosophies. In addition to practice and game expectations, responsibilities toward academics, training rules, and personal conduct will be mentioned. We can not cover every single expectation and policy in this handbook, but have tried our best to inform the player and parent.

We are extremely fortunate to have the opportunity to work with all the young men in the Norman Tiger basketball program. If you have any questions or suggestions concerning items in this handbook, feel free to contact us.

The Norman Tiger Basketball Staff:
Head Coach       Jeff McCullough jmccullou2@norman.k12.ok.us
Asst. Varsity/JV Gary Harper gharper@norman.k12.ok.us
Asst. Varsity    Tony Frazier TBD
Freshman         Mark Webb mwebb@norman.k12.ok.us

***Practices are closed to parents. This means less distractions for kids***

99% of problems we will run into, whether they be related to academics, basketball, or your personal life, can best be dealt with one word:

COMMUNICATION
TABLE OF CONTENTS

Cover pg 1
Handbook Overview pg 2
Table of Content pg 3
Coaching Philosophies pg 4
Player Responsibilities pg 5
Advantages/Disadvantages of Participation pg 6
Player Expectations pg 7
Academic Expectations pg 8
Game and Practice Expectations pg 9-11
Holiday Workout Schedule pg 12
Varsity/JV Season Schedule pg 13
Freshman Season Schedule pg 14
Discipline Policy and Training Guidelines pg 15
Discipline Prevention & Intervention Plan pg 16
Parent Conferences pg 17
Responsibilities and Commitment Agreement pg 18
Norman Tiger Basketball
Coaching Philosophies

1. Norman Basketball Players have a priority list:
   - Religion/Values
   - Personal Family
   - Academics
   - Basketball
   - Anything Else

2. Norman Basketball coaching philosophy is “do what is best for young men!”— Ronnie Tipps
   - Our offensive and defensive philosophies will change every year depending on the strengths and weaknesses of that year’s team.
   - Ideally we would like to play a fast paced, high intensity game that requires a lot of players to play.

3. Norman Basketball will not grade its program and student-athletes by wins and losses (even though the wins really help), but instead by the quality of individual that is produced by our program. We will work diligently to provide our student-athletes with life long skills to improve their future, and become successful role models in our society.

4. Norman Basketball will hold the student-athletes to high standards of character, morals, and integrity.

5. Norman Basketball will give young men the opportunity to be successful. Norman Basketball will also give young men the opportunity to fail, but learn from their shortcomings and supply them with the skills to succeed when the same opportunity arises.

6. Norman Basketball coaching philosophy is “be prepared.” We will be highly organized and prepared for almost any situation.

   “Failing to prepare, is preparing to fail.”—Unknown
   “All battles are won before they are fought!”—Sun Tzu
   “Lack of confidence is born from lack of preparation!”—Shannon Wilburn

7. Norman Basketball coaching philosophy is to give our student-athletes the best experience possible and to instill in each student-athlete the positive attitude necessary for success.

   “Your attitude is either the lock or key to the door of success!”—Unknown

8. Our Mission: The Norman Basketball program will be characterized by an unrelenting passion for excellence.
RESPONSIBILITIES OF A NORMAN TIGER BASKETBALL PLAYER

As you read through this handbook, you will begin to understand the type of basketball program that will be recognized at Norman High School. There are many points of emphasis that make up our coaching philosophy. The following Player Responsibilities best summarize our goal to help you become the best basketball player and person you can be. Remember: Playing basketball is a privilege, not a right, at Norman High School.

PRIORITY LIST:
• RELIGION, VALUES, & BELIEFS
• PERSONAL FAMILY
• ACADEMICS
• BASKETBALL
• EVERYTHING ELSE

My responsibilities as a Norman Tiger basketball player are:

• To attend all classes and excel to the best of my personal ability
• To fulfill my team role the best I can
• To attend all practices and be on time
• To give 100% academically and athletically
• To look for ways to compliment my team members, on and off the court, and to create a positive attitude.
• To be honest, sensitive, and not steal or cheat.
• To represent Norman High as a courteous, disciplined champion athlete.
• To set high but reachable goals for myself and to encourage and assist my teammates in attaining their goals.
• To play up to my potential.
• To do what coaches ask of me.
• To develop a positive self-image.
• To accept criticism in a constructive manner and not as a personal attack.
• To respect teachers, coaches, officials, spectators, and teammates.

Lettering in Varsity Basketball:
• Compete on the Varsity Roster
• Play and Contribute in 3 Varsity conference games
• Be in good standing with: academics, discipline, and participation
• Coaches discretion may apply in unique circumstances (i.e. long term injury, etc.)
ADVANTAGES OF PARTICIPATION IN THE TIGER BASKETBALL PROGRAM

1. Opportunity to develop your physical powers to the fullest
2. Develop the ability to respond to group discipline
3. Develop lasting friendships (friendships forged by battle)
4. Develop self-confidence
5. Develop respect for rules
6. Opportunity for development of cooperation, resourcefulness, perseverance, sportsmanship, initiative, and unselfishness
7. Travel opportunities enable you to see other schools, to meet and make new acquaintances
8. Play experience tends to make one more friendly, interesting, and human
9. Opportunity to participate in an activity which parallels many later life experiences
10. Increases your inner circle of friends and contacts
11. Draws attention to yourself which may have a business value in the future.
12. Successful participation may open doors to such vocational opportunities as coaching or professional participation
13. Opportunity to participate in a quality high school program.

DISADVANTAGES OF PARTICIPATION

1. Training rules may cramp your “social style”
2. You will have to spend at least two hours everyday practicing or playing
3. Less study time available, yet you must pass classes to be eligible.
4. Hard, tiresome, and sometimes monotonous repetition of certain activity
5. Possibility of injury
EXPECTATIONS OF A NORMAN TIGER BASKETBALL PLAYER

Certain responsibilities of a Norman Tiger player were mentioned earlier in this handbook. This section is included to inform all participants that there are other, more specific, expectations of them as members of the Norman Tiger basketball team.

The first area of concern is ACADEMICS. You will notice that in the word student-athlete, “student” comes first. The most important reason for attending Norman High School is to receive an education and diploma.

Your coaches are concerned with your academic progress throughout the school year. We will be monitoring your academic standing with each of your teachers as the school year progresses.

Remember that during the season it becomes more difficult to maintain acceptable academic standards. This is not because of changing expectations by your teachers, but because of less time and energy to do required work (practices, games, etc.). This, however, will not be an acceptable excuse to falter academically. Keep in mind that being a member of the Norman High basketball team is a privilege, not a right. Certain considerations and arrangements may be worked out by yourself, your coaches, and your teachers to rectify poor academic standing. Players may not miss practice to make up class work or tests unless they have received prior permission. In no way will our student-athletes be given special considerations in regard to grades—we only ask that communication lines be kept open in case problems arise. It is your responsibility to keep your coaches aware of any problems that develop.

Non-team member friends are not to become a distraction. While you are at a team function you are to stay with the team. Non-team member friends are not members of our team.

All Tiger basketball players will be expected to conduct themselves in a mature and responsible manner both on and off the court. Some of the many expectations we have of our athletes will be listed here. Also, the discipline policies that we will abide by are given. Ask yourself this question: **What kind of impression do you want to give other students, teams, or fans, especially small children?**
NORMAN TIGER
BASKETBALL ACADEMICS

You are part of an “Elite Family.” Everyday people will look up to you, not only on the basketball court, but especially in the classroom. Therefore, we want to set a precedent across the state that Norman basketball stands for excellence in the classroom as well as on the basketball court. To achieve this, it will take a lot of determination, time, sacrifice, pride, and hard work. We are not just saying this to fill up space on paper; we mean what we say.

LISTED BELOW ARE THE TIGER BASKETBALL EXPECTATIONS:

ATTENDANCE

This is mandatory. You will attend class and be ON TIME. You need to sit in the front of the class or toward the middle. Do not sit in the back. If you must sit in the back please notify your coach. Studies have shown students sitting toward the front and center of a classroom make better grades than those sitting in the back and corners.

TEAM G.P.A.

Coaches will regularly monitor student-athletes academic progress.

Our team goal for the academic year is to have a combined Fall & Spring Semesters of 3.0+ Overall Team G.P.A.

TEAM TRAVEL

If the team will be missing class because of an away game or tournament, you are responsible for getting the work you will miss BEFORE the allotted time of departure. Do not wait until you get back to ask for your work.
GAME AND PRACTICE EXPECTATIONS

1. Respect spectators, coaches, officials, and teammates.

2. Practice time:

   IN-SEASON (October 1st - State Tournament)
   Varsity/JV – M-F 3:15-5:30
   Saturday 10:30-12:30 *mostly required in season during conference game times.
   **Early October may require some late practices 5-7 due to conflicts with volleyball and gym availability

   Freshmen A- MTWTF 7:00-8:30

   PRE-SEASON and POST-SEASON
   Varsity/JV - M-F 3:00-4:00 Off-season workout times
   4:00-5:00 Not Required, but most players desiring to be the best possible players take advantage of open gym and weight room after school, which both are generally available

   Freshman - M-F 7:30-8:30 0 hr practice until season concludes, then schedules are changed to 7th hour athletics with the Varsity and JV.

3. Players must be on the court ready to begin practice, not just arriving at the gym at the designated time. Players that need medical attention, such as taping of ankles, need to arrive at least thirty minutes early if possible. If you plan on wearing a brace (knee, ankle, etc.) during games, you MUST wear it EVERYDAY during practice. Ankle braces will be required for all players daily. It takes less time and effort to put on a brace than it does to heal an injury.

4. When you report to the floor, you will begin working on areas in which you need to improve. The quicker that you get on the court, the more time you will have to work.

5. After a game or practice, stay dressed (shoes tied, braces on, etc.) until told otherwise.

6. When you come out of the game, do NOT hang your head and do not ask why. If your coach wants to correct something he or she will tell you.
7. When you come out of the game, you must take a towel to the teammate you are replacing (exchange information). Then you must slap every hand on the bench and take the seat next to the coach.

8. Do not ask for stat sheets. We are concerned with team success not individual. Coaches will let you know if there are stats to be concerned about.

9. During games, practices and scrimmages your focus is always what is happening on the floor. We do NOT worry about anything going on in the stands.

10. Keep your basketball notebook in your locker at all times.

11. Keep your personal items locked in your locker at all times.

12. Keep the dressing room clean. Have pride in your locker room. Abuse of this rule will result in loss of the locker room.

13. After the practice session, time may be allowed for players to stay and work on skills. However, at no time will horseplay be permitted.

14. **STOP ALL ACTIVITY** on the whistle and **RUN** to the coach or designated area on the floor.

15. During timeouts: hustle in, get a drink, and get ready to listen. Coach’s time is limited. When coach is finished speaking, that is your time to ask any questions you have.

16. All varsity (and JV if available) players will be assigned a ball. If a player’s ball is left out, that player will be disciplined.

17. Each player is issued practice and game equipment, as well as travel equipment. Take care of all items issued to you. Gear and equipment is only to be worn during practice or games and only by the player it is assigned to. Players are financially responsible for all issued gear.

18. Players are not excused from practice for minor injuries. You are expected to be present and observe practice or receive treatment if needed. Do not leave the practice floor without permission.

19. There is **NEVER** a need for abusive language on this team. Learn to express yourself in an intelligent manner. Profanity will not be accepted.

20. Any player receiving a technical foul for inappropriate conduct will receive a consequence.
21. Players are to conduct themselves on the court intelligently during practices and games. No player will be allowed to taunt an opponent, even if you believe he is acting improperly.

22. The decisions of the referee will be final. As a team, we must accept them, even though we may disagree. **Players do NOT question officials.** If you have any questions about the officiating ask your coach.

23. Be aware of your strengths and weaknesses. Do not be afraid to ask your coaches for advice or assistance.

24. When traveling to an “away” game or attending a “home” game, all players and managers are expected to be dressed in a neat and clean manner. We will all have an assigned dress code with school issued equipment. No cell phones or headphones once arriving in the gym until in the locker room or after a game.

25. When traveling to away games, all JV and Varsity players will ride together. Varsity players not suiting up for JV games are required to sit behind our team’s bench. JV players not suiting up for the varsity game are required to sit together behind our bench. Game nights are team nights, not time for socializing. **It is school policy that athletes may not ride home from a contest with anyone other that their immediate family. Each parent must sign the sign out sheet if they are taking their player home with them because of an emergency reason. However, players are team members and it is highly discouraged for players to ride home with anyone other than the team.**

26. Every person in uniform will be attentive, positive, and prepared to enter the game at any time. Team morale is vital for team success. When you are not in the game, you are expected to encourage those who are. Some players of a NHS team or another NHS team may be asked to keep stats, film, etc.

27. Student managers, trainers, statisticians, and video equipment operators are very important to our team. They are not “slaves” for the players and coaches. They are an integral part of our team. They have a job to do each day and deserve the proper respect for their contributions as team members.

28. Three Team Captains will be selected and are an extension of the coaching staff and will be treated as such:

- Three Players Captains, as elected by the team:
  - Senior Captain: Connor Madole
  - Junior Captain: Daniel Harper
  - Sophomore Captain: TBD
- 1 Coaches Captain, as selected by the coaching staff:
  - George Kittle
Holiday Workout Schedule

**Fall Break:**
October 5  In School-Regular practice times
October 6  Varsity Practice Only 10:00am-12:30pm
October 7  No Practice
October 8  No Practice OU-TX game
October 9  No Practice

**Thanksgiving Break:**
November 22  In School-Regular practice times
November 23  Varsity only Scrimmage at OKC Arena @ 1:00
—Thunder vs. Lakers to follow**
November 24  No Practice-Thanksgiving Day
November 25  No Practice
November 26  Varsity Practice Only 7:00pm-9:30 pm
November 27  Varsity Practice Only 4:00pm-6:00 pm (SUNDAY)

**Christmas Break:**
December 21  In School-Regular Practice Times
December 22  No Practice
December 23  No Practice
December 24  No Practice
December 25  No Practice
December 26  Varsity Practice Only 3:00pm - 4:30pm
  Varsity Depart for Byron Nelson Tourney 6:00 p.m.
December 27  Varsity @ Byron Nelson Tourney (Trophy Club, TX)
December 28  Varsity @ Byron Nelson Tourney (Trophy Club, TX)
December 29  Varsity @ Byron Nelson Tourney (Trophy Club, TX)
December 30  9th and JV Practice  3:00pm-5:30pm
December 31  9th, JV, & Varsity Practice  3:00pm-5:30pm
January 1  No Practice
January 2  9th, JV, & Varsity Practice  3:00pm-5:30pm
January 3  In School-Games vs. MWC

January 16  JV & Varsity Practice  3:00pm-5:30pm
  9th TBA

February 20  JV & Varsity Practice  3:00pm-5:30pm
# TIGERS
## NORMAN HIGH VARSITY BASKETBALL
### 2011 - 2012

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<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Location</th>
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<tbody>
<tr>
<td>Tuesday, November 29</td>
<td>Edmond Memorial</td>
<td>Away</td>
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<tr>
<td>Friday, December 2</td>
<td>Southmoore</td>
<td>Away</td>
</tr>
<tr>
<td>Tuesday, December 6</td>
<td>Del City</td>
<td>Home</td>
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<tr>
<td>Thurs – Sat, December 8 – 10</td>
<td>Southeastern Shoot Out</td>
<td>Durant</td>
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<td>Tuesday, December 13</td>
<td>Moore</td>
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<td>Tues – Thurs, Dec. 27 – 29</td>
<td>Byron Nelson Holiday Tourn.</td>
<td>Trophy Club, TX</td>
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<td>Home</td>
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<td>McGuinness</td>
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<td>Tuesday, January 31</td>
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February 23 – 25: **OSSAA Regionals**  
March 1 – 3: **OSSAA Area**  
March 8 – 10: **OSSAA State Tournament**

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<tr>
<td>JV Girls-3:30</td>
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<td>Thurs – Sat, Jan. 19 – 21</td>
<td>Putnam City Tournament</td>
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<td>Thursday, February 9</td>
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<td>Thursday, February 16</td>
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DISCIPLINE POLICIES AND TRAINING RULE GUIDELINES

As we mentioned throughout this handbook, a great deal will be expected of all Norman High basketball players. The following is an explanation of the discipline policies that will be adhered to by ALL players. All players are required to attend all scheduled practices, team meetings, scrimmages, and games.

1. **ABSENCES and TARDIES:**
   
   If a player is unable to attend or be on time for a scheduled practice, team meeting, or a game, **he must request permission from the coach in advance.** The coach will decide to excuse the absence or count it as unexcused.

   No unexcused absences! All emergency absences must be called in to be excused. Those not called in will be unexcused and receive stricter consequences. Call or text coach McCullough at 903-819-5706 before noon the day of the absence to be excused. 2 unexcused absences will result in a discipline intervention plan. 3 unexcused will result in removal from the program.

   On game day, players must be in the locker room, dressed, have scouting report, and ready to play at the beginning of the 4th quarter of the game before them.

2. **LAZINESS AND INATTENTION:**

   We will not accept a lack of effort or lack of concentration. Coaches will assign team sprints for offenses of this type. If a player’s laziness or inattention is excessive, or if it is consistently repeated, he may be dismissed from practice. If a player is dismissed from practice, he must remain in the building until coach has a chance to discuss it with him. If he does not stay, we will assume he has quit the team.

3. **DRINKING:**

   The consumption of alcoholic beverages is strongly prohibited. Under the age of 21, it is illegal to consume or purchase alcoholic beverages. Remember, we are community role models!

   • First Violation = minimum suspension of 2 games and conditioning/consequences will be assigned. If there are not 2 games remaining in the season, the consequences will carry over to the next season.

   • Second Violation = removal from the team

4. **ILLEGAL DRUG and STEROID USE:**

   The possession or use of illegal drugs or steroids is also strongly prohibited.

   • Violations = same as alcohol

5. **SOCIAL NETWORKS (www):** It is imperative as coaches that we along with the parents manage and oversee the usage of technology and social networks by our players. Our players must understand the negative impacts that inappropriate comments, pictures, etc. can have on our program, their futures, and their image. Any postings are free game for the media, opponents of NHS, etc. and any such negative impacts will be dealt with administratively.

   • Blogs, Facebook, MySpace, emails, text messaging, etc.
Norman Boys’ Basketball
Discipline Intervention Plan

Prevention:
1. A presentation covering the NHS Basketball Player Handbook will be made to all players and parents on the first weeks of the school year. All players enrolling after the initial presentation date or at the semester from another athletic program will receive the same information.

Discipline Intervention:
1. All player expectation violations will be documented through the head coach, Jeff McCullough, in the Player Discipline Referral Log. All violations will be documented with the student-athlete, head coach, and another coaching staff member present. Both the student-athlete and the staff member will initial the Player Discipline Referral Log at the end of the counseling session. This log will be in the coach’s office at all times. At no time will we discuss, or make public, the referrals of any student-athlete with any individual other than that athlete or a school administrator. A fair and consistent as possible discipline action will be taken for each and every referral.
2. After five disciplinary referrals or one “major” referral, the parent/guardian of that particular student-athlete will be contacted via mail, phone, or email if possible. At this point an intervention plan will be put into action for the student-athlete involved in the discipline problems. If it is a major referral, then the coaching staff will meet along with an administrative member to possibly determine if removal from the program is justified. If removal of the student-athlete from the program is justified, then the parent/guardian will be contacted via mail, phone, or email if possible.
3. After ten disciplinary referrals, the coaching staff will meet along with an administrative member to possibly determine if removal from the program is justified. If removal of the student-athlete from the program is justified, then the parent/guardian will be contacted via mail, phone, or email if possible. If removal is not justified, then a parent/guardian conference will be required. A contract and intervention plan will be put into action by the coaching staff at this time.
4. The Player Discipline Referral Log will remain with a player throughout his enrollment and participation with Norman High. The referral log will not be wiped clean every year. It is a career lasting documentation.
5. Any student-athlete who quits or is removed from the program may make a plea to play again the following year. The coaching staff and possibly an administrator will research the case and make a ruling.
Parent Conferences:
1. A parent/guardian may request a conference with a coach. The times for these conferences will be set up with the coaching staff. A coach will not talk with a parent/guardian over the phone, before or after a game, during or directly following practice. A conference must be pre-arranged. All conferences will take place with the player, coach, parent, and additional staff members present.
2. Playing time is not a topic of conversation for parent conferences. Playing time is based on performance during practices over a period of time and the coach’s concern for team chemistry. If a player is unhappy with playing time it is his responsibility to talk to the coach concerning areas of improvement, and to make an impact during practice daily and not the parents place to address the concern.
3. Please be considerate and limit each parent conference to a 15 minute maximum per conference. Say what you need to say and find a resolution. Remember the coaching staff members have families who often sacrifice their time so that your children can have the best experience possible.

CONSEQUENCES OF FAILURE TO MEET EXPECTATIONS

Each of the expectations listed are equal in importance. Therefore, if you fail to meet any of the expectations, the consequences will be determined on a situation-to-situation basis. Coach McCullough and his staff will assess each individual situation and a fair punishment will be determined. Some examples of punishment include individual conditioning, team conditioning, suspension from competition, removal from team, mandatory tutorials, etc.

“Coaching is making men do what they do not want to do, so they can become the man they want to be.”—Tom Landry
NORMAN HIGH SCHOOL TIGER
BASKETBALL RESPONSIBILITIES AND COMMITMENT AGREEMENT

ACADEMIC
• I recognize that the main reason for attending Norman High is to graduate.
• I will perform to my highest level of academic potential.
• I will attend all classes and academic obligations as scheduled.
• I will follow all rules that relate to academic obligations.

SOCIAL
• I will be responsible for all my actions and will not in any way discredit myself, my coaches, my teammates, or Norman High School.
• I totally understand the use of illegal drugs is prohibited.
• I understand the policy regarding alcohol/drug use and agree to abide by the policy that is established.
• I will adhere to all regulations and policies of Norman High School, including student handbooks.
• I will in no way do anything to discredit or negatively impact the program through improper use of technology and social networks.

ATHLETIC
• I fully understand the implications of competing for the Norman Tigers.
• I will always maintain maximum effort in order to perform at my highest level of ability.
• I am aware that basketball is a team sport, and I need to integrate myself in the team concept: I am, therefore, accountable to my teammates and coaches.
• I will be accountable for all practice sessions, scrimmages, team meetings, and other team functions.

I have read this handbook in its entirety and understand the consequence that may occur if I do not meet my responsibilities as a Norman Tiger basketball player.

____________________
Student-Athlete

I have read this handbook in its entirety and understand that my child may face consequences if they do not meet their responsibilities as a Norman Tiger basketball player.

____________________
Parent/Guardian