

## LNH Basketball – Guidelines & Expectations

### Players

- **Give Your Best:** Effort matters more than perfection. Hustle, listen, and compete with integrity.
  - **Grow Every Day:** Develop your skills—dribbling, passing, shooting, defense, and teamwork—both at practice and on your own.
  - **Be Ready:** Arrive on time and prepared. If you must miss a practice/game, notify a coach or have a parent do so at least one day in advance.
  - **Respect & Responsibility:** Listen, learn, and support your teammates. Show respect to coaches, referees, opponents, and spectators.
  - **Positive Attitude:** Your body language and words should lift the team, not weigh it down.
  - **Learn From Mistakes:** Every error is a chance to grow—accept feedback and adjust.
  - **Balance First:** Schoolwork and family come before basketball. Manage your responsibilities.
  - **Pride in Representation:** Wear the LNH name with honor on and off the court.
  - **Have Fun:** Compete hard, enjoy the game, and remember why you started playing.
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### Parents & Guardians

- **Support, Don't Coach:** Encourage your child and the team. Leave the teaching and game decisions to the coaches.
  - **Positive Role Model:** Cheer with respect. Coaches handle referees—let them.
  - **Communication Standards:** If an issue arises, please wait 24 hours before approaching a coach. Follow the proper communication chain.
  - **Attendance Commitment:** Practice matters. Missing practice may impact playing time. Notify coaches at least a day in advance if your child will be absent.
  - **Represent the Community:** Your behavior in the stands reflects on LNH. Model sportsmanship at all times.
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### Coaches

- **Lead by Example:** Integrity, patience, and respect guide every decision.
- **Safe & Positive Environment:** Build a space where athletes grow in both skill and character.
- **Prepared & Purposeful:** Practices and games are organized, developmentally appropriate, and engaging.
- **Teach Fundamentals:** Skill development comes first, winning is secondary.

- **Fair & Respectful:** Every player matters and is treated with dignity.
  - **Communicate Clearly:** Keep open, respectful dialogue with players and families.
  - **Focus on Development:** Mistakes are teaching moments, not failures.
  - **Long-Term Impact:** Strive to model leadership that athletes will carry beyond the court.
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### **Shared Commitment**

Together—players, parents, and coaches—we commit to:

- Prioritizing education and character over winning at all costs.
- Honoring the game through sportsmanship, effort, and joy.
- Representing LNH, our families, and community with pride.