**Welcome to another year of Middle School Girls Basketball!**

We are happy to begin another year of basketball. We appreciate your dedication to school sports. Below is a list of important information and rules for this year.

**Forms needed to be turned in**:

* Sports Physical – You may attend practice if you do not have a physical, but you cannot participate until one is done. Physicals are good for one calendar year.
* Concussion Information
* Insurance Waiver
* IHSA Substance Testing Policy
* Code of Conduct

**Contact Information**

* Coach Julie Vass: (309) 333-6769
* Coach Elizabeth Collins: (630) 430-5166

**Athletic Website**

http://schedules.schedulestar.com/Cuba-HS-North-Fulton--Cuba-IL/day/08-27-2012/

**Rules**:

* Be on time: be stretched and ready to go by the start of practice time
* Be appropriately dressed for practices and games
  + Practices: shorts, t-shirt, practice jerseys, tennis shoes
  + Games: dress pants with no holes, nice shirt
* During games, those not participating, need to sit as a team.
  + Please stay in the gym unless going to concessions or the restroom.
  + Seventh/Fifth graders need to stay until at least half time of the 8th/ 6th grade game.
  + Eighth/Sixth graders need to be there at the start of the 7th/5th grade game.
  + Eighth/Sixth graders need to be dressed for their game by the end of the 3rd quarter of the game before theirs.
* Clean up the locker room after every game. Clean up the gym after practices and games. Make sure you take care of your garbage and equipment.
* **Players must ride the bus to all games**. Parents, please notify us if you need to drive them to the game due to some type of appointment.
  + Arrive 15 minutes before bus time.
  + All players leaving with an adult after the game must be signed out by somebody at least 18 years of age. Please send a note or call if they are to be signed out by someone other than family.
* Please notify coaches if you are going to be absent. **Four unexcused absences could result in removal from the team.**
  + Excused absence = you notified us
  + Unexcused = you didn’t notify us
* You must maintain a passing grade in all classes to be eligible. Weekly eligibility is filled out and checked by the school. If you have a failing grade, you will be ineligible for one week. If you are ineligible for four consecutive weeks, you will be removed from the team.
* Be respectful to coaches, parents, and other teammates during practices and games.