

## ***Program Rules & Expectations***

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1. All participants should be changed and ready to go by start time. The warm-up will be conducted by one of the staff, coaches or volunteers.
2. Late participants will be required to do the warm-up before they can participate in the drills and games.
3. Participants are to remove any jewelry; necklaces, bracelets, earrings, rings, nose rings, watches etc. prior to participating
4. Proper gym attire is required; running shoes, shorts, sweatpants, sweatshirts and t-shirts are acceptable.
5. Always respect your coach(s), staff, volunteers, teammates and opponents.
6. Participants are to properly care for all equipment that they are issued from the program.
7. Cell phones are **NOT** allowed to be used during practice. Please turn have your cell phone on vibrate or mute it so that it does not interfere with the program.

***Failure to follow “Program Rule & Expectations” may result in your removal from the program***

**Building a Future Through Sports**

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