



**2024-2025 North Forsyth Middle School
7th and 8th Grade Basketball
Player Commitment Code**

In addition to adhering to all Forsyth County and North Forsyth Middle School student rules and code of conduct, all NFMS Basketball players be committed to a high level of excellence on and off the court. If selected for a spot on a NFMS Basketball team, each player **MUST:**

1. Be academically and behaviorally eligible.

If a player is failing two classes (grade falls below a 70%) that player will not be eligible to play in games until such grades are improved. Grades will be checked every two weeks during the season. A signed note by the teacher must be provided to determine a grade improvement in a class to reactivate a player for games. Likewise, students with behavior and attendance issues are subject to having game play privileges suspended.

2. Attend all team functions.

Team functions include, but are not limited to, practices, reviews sessions, team functions and games. Being on time means reporting 15 minutes early to practices and pregame event times. The penalty for an unexcused absence will be a one game suspension for the next game. A player will be dismissed from the program after two unexcused absences.

3. Communicate properly with coaches when late, sick or injured.

The coaches will have their cell phones on them almost all the time. If you are going to be late or are sick, you must call, email or text your coach. Players who arrive late or are not present, without notification, will be charged an unexcused absence. Any player treated for an injury must be given a doctor's clearance note to return.

4. Be respectful to EVERYONE.

As a member of the basketball program, you are held to a higher standard and are expected to represent yourself in the highest regard on and off the court. It is required that you are polite and respectful to all coaches, teachers, managers, officials, players, and fans. Address coaches as Coach and teachers as Coach, Mr. Mrs. or Miss. Failure to show respect will be grounds for suspension and extra conditioning. Bullying or hazing in any form will not be tolerated.

5. Put the TEAM first.

It's amazing the great rewards everyone attains if no one cares who gets the credit. Work hard each day and follow your coaches' instructions. The rest will take care of itself.

6. Maintain a proper appearance on and off the court.

All players must be in team attire while on the court. For practices that includes team issued practice uniform (tops and bottoms). For games that includes team issued uniforms, warmups, shooting shirts, team shoes and matching socks. Any player not in adherence to game day attire rules will not play. Additionally, players must have their hair cut or supported to stay out of their eyes.

7. Be responsible for equipment and uniforms.

Players will be expected to pay for anything that they are issued but fail to check in at the end of the season. Since uniforms are custom made for the entire team, the cost of a replacement item could be as high as \$200.

8. Display good sportsmanship at all times.

Players will not display negative feelings on the floor. No profanity or signs of disgust at an official's call. No negative emotions at any time. Players will be expected to maintain positive relationships with teammates, coaches, students, and teachers. Players will be expected to set positive examples in and out of school.

9. Be engaged in the process – practice and games.

Coaches expect maximum effort and full attention at all times. Listen to the coaches even if they are not talking directly to you. Players are expected to learn from their own mistakes and the mistakes made by teammates. Do not sit down. Be active and ask questions. Give everything you have. Effort is something each player controls. Players must be willing to play defense, block out, take charges, and dive on the floor for loose balls. NEVER quit. Support your teammates. We're trying to make you the best that you can be. **Any player who is not paying attention, not giving their maximum effort or not doing what the coach asks will be sent home.** After the second time being sent home, a player will be dismissed from the program.

10. Leave facilities better than when arrived.

Pick up trash, towels, water bottles, and other equipment after every practice and game. Treat your court like your property. This includes after each game. Each player is expected to help police the gym before the gym is closed. At away games, our bench should be spotless.

11. Ride the bus and be focused on the bus.

We arrive and leave as a team. Unless there is a family emergency, all players are expected to ride the bus to team events.

13. Talk to the Coach

As coaches, we care about our players, or they wouldn't have the opportunity to play on this team. Players are encouraged to express any concerns with a coach after or before practice or during our personal meetings throughout the season. In the event of a game situation that might cause a player or parent to disagree or be upset with a coach, please adhere to a 24-hour cooling off rule. After that time, request a meeting in person via email with the coach to discuss the situation. All emails will be responded to in 24 hours. Remember, we are all here for the same reason and want our players to have a great experience playing basketball at NFMS.

14. Conditions

Penalties for breaking team policy or school policy will be determined by the coaching staff and if necessary, the school administration. Penalties could include, but not limited to: 1) extra conditioning, 2) decreased playing time 3) team suspension and/or 4) team expulsion.

15. Have fun.

Basketball is the best game in the world. At NFMS each player will have the opportunity to become the best player they can be. It's up to each player to make the most of the opportunity.



<https://tinyurl.com/nfmsbasketball>

Please scan and fill out this quick form to help make the registration process for tryouts be swift and efficient. Please see instructions on back for information on how to submit your completed physical on dragonfly.



ATHLETICS – Dragonfly Instructions

Step 1: Create Account

Visit www.dragonflymax.com Click "Sign Up for FREE"

This step should only be completed ONCE. Join as parent account. Student-athletes will be added later.

Step 2: Get Started

Make sure you select **Georgia** and **North Forsyth Middle School** to be added to our database.

SCHOOL CODE: 4MQP43

Please enter all requested information accurately.

Step 3: Fill Out Forms

Click **Add a Child, Submit Paperwork** then **START!**

Complete ALL forms electronically. Insurance information is required.

Step 4: Upload Physical

You **MUST** upload both the Physical Examination Form AND Clearance/ Medical Eligibility form with physician signatures as well as the date of the exam for eligibility! Only these two (2) forms will be uploaded on to Dragonfly in separate sections. Select "Print Blank Document" to make sure you have the correct pages.