

Team & Program Policies: Elements to Consider

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- I. **Discipline** – “Doing what needs to be done, doing it the right way, and doing it that way all the time.”
- II. **Why do I need a Policy Sheet?**
- III. **Where do the ideas for the policies come from?**
 - A. Upbringing
 - B. Philosophies
 1. General Athletic/Coaching Philosophy most of all
 2. Sport-Specific Philosophy
 3. Playing Time Philosophy
 - C. General Athletic Program
 - D. Team Captains
- IV. **Standards vs. Rules**
 - A. Don't let your teammates down.
 - B. Specific situations may warrant specific rules.
- V. **Mentors**
- VI. **Elements to Consider Including**
 - A. Philosophies and Core Covenants
 - B. Expectations
 1. Coach
 2. Player
 3. Parent
 4. Be careful HOW you say WHAT you say.
 - C. Rules & Guidelines
 1. Non-negotiables
 2. Punishment
 3. To Run or Not To Run
 - a. Positive Conditioning
 - b. The Bench & Isolation
- VII. **Some Final Thoughts**
 - A. Be creative
 - B. Game/Practice Schedule
 - C. Lettering Policy
 - D. Make it professional.
 - E. **Team policies must be well-thought out, written down, clearly communicated to all involved, consistently and fairly applied and enforced, and done so with love and respect for all involved.**
 - F. Firm, yet flexible
- VIII. **Sample Policy Sheet**
 - A. Cover Page – Mascot, Motivational quote, etc.
 - B. Philosophy/Core Covenants/Goals
 - C. Lettering Criteria (30 Point System)
 - D. What You Can Expect From Your Coach
 - E. What is Expected of You as a Player
 - F. What is Expected of You as a Parent
 - G. Rules & Policies
 1. Practices
 2. Games
 3. General
 - H. Signature Page