



Expectations for Wallenpaupack Athletes

Coaches and Administrators are expected to discipline athletes who choose not to maintain these standards. A player who does not consistently live up to these expectations will lose his/her right to participate as a Wallenpaupack student athlete.

SUCCESSFUL TEAMS HAVE TEAM UNITY

To contribute to TEAM UNITY, Wallenpaupack Athletes are expected to:

- Attend every practice and be on time
BECAUSE practice time missed hurts the entire team!
- Be supportive of coaches and teammates
BECAUSE seeds of discontent often grow into major problems!
- Accept your assigned role as a team member
BECAUSE expressing dissatisfaction divides the team!
- Ride together to and from games
BECAUSE teams experience winning and losing together!

SUCCESSFUL TEAMS HAVE INTELLIGENT PLAYERS

To become INTELLIGENT PLAYERS, Wallenpaupack Athletes are expected to:

- Maintain high academic standards in the classroom
BECAUSE ineligible players cannot participate!
- Listen for understanding and comprehension
BECAUSE coaches should have to say it only once!
- Identify your personal strengths as well as weaknesses
BECAUSE you need to work to improve all aspects of your game!
- Ask questions when you don't understand
BECAUSE you can't do the job if you don't understand the expectations!

SUCCESSFUL TEAMS HAVE CONDITIONED ATHLETES

To become HIGHLY CONDITIONED, Wallenpaupack Athletes are expected to:

- Commit to abstinence of alcohol, tobacco, or drugs
BECAUSE substance abuse dulls senses and slows reflexes!
- Work hard at conditioning your mind and body
BECAUSE bigger, faster, stronger, smarter has the winning edge!
- Eat the right foods and get plenty of sleep
BECAUSE you can't put it out if you don't have it to give!
- Commit to a year-round, personalized weight training program
BECAUSE a serious weight program is necessary for athletic excellence!

SUCCESSFUL TEAMS HAVE GOOD SPORTSMANSHIP

To show GOOD SPORTSMANSHIP, Wallenpaupack Athletes are expected to:

- Be courteous to opponents before, during, and after contests
BECAUSE intimidation only motivates a well prepared opponent!
- Use acceptable language at all times
BECAUSE profanity shows a lack of self-discipline and class!
- Never question an official with words or actions
BECAUSE officials who respect the team will make better calls!
- Respect the physical well-being of opponents
BECAUSE cheap shots are associated with losers!
- Use only positives and stress team effort with the media
BECAUSE the best press is positive "team" comments!
- Support the decisions and show respect to the coaches
BECAUSE complainers divide and destroy!

SUCCESSFUL TEAMS HAVE TEAM PRIDE

To instill TEAM PRIDE, Wallenpaupack Athletes are expected to:

- Act in a respectful manner at all times
BECAUSE players who act like clowns tend to play the same way!
- Maintain acceptable standards of dress and grooming
BECAUSE teams who look good play better!
- Follow all school rules and regulations
BECAUSE self-discipline brings pride and respect!
- Be supportive of team members and coaches at all times
BECAUSE when everyone can trust you, the entire team will benefit!

SUCCESSFUL TEAMS HAVE ATHLETES WHO ARE LEADERS

To show good LEADERSHIP, Wallenpaupack Athletes are expected to:

- Set the example of prioritizing the needs of the team before the needs of self
BECAUSE a group of individuals will never compete well in team sports!
- Encourage teammates with problems to discuss the issues with the coaches
BECAUSE dissension can be catching and destroy the team!
- Expect 100% from your teammates and model what you expect from others
BECAUSE successful teams require a total team effort!
- Share in the responsibility for losses and look for ways to get better
BECAUSE team success is proportional to the growth of each member!

NOTE: Athletes must follow all school rules at all times while representing Wallenpaupack. Failure to do so may result from outside the athletic program including suspension and/or expulsion from school.