



**EAST FELICIANA MIGHTY  
KNIGHTS BASKETBALL  
HANDBOOK**

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## WELCOME MESSAGE AND MISSION STATEMENT

Welcome to the Mighty Knights!

Thank you for being part of the Mighty Knights family. This handbook is designed to provide you with valuable information about our organization, including our policies, expectations, and guidelines to ensure a positive experience for all participants.

Our mission is to promote teamwork, discipline, and sportsmanship while fostering personal growth both on and off the court. Together, we will create an environment where every player can develop their skills, build lifelong friendships, and achieve their full potential.

Please take the time to review this handbook carefully. Should you have any questions, feel free to reach out to our team staff. We look forward to a successful and rewarding season together!

## DEDICATION

This handbook is dedicated to the hardworking volunteer coaches who make our basketball program possible. We appreciate the time, effort, and dedication you give to the children of our community. The staff of the Mighty Knights Basketball Program extends heartfelt thanks for helping us provide this incredible opportunity to our youth. We hope you find this handbook helpful in your coaching endeavors.

## PHILOSOPHY

The mission of the Mighty Knights Basketball Program is to provide high-quality, diverse, and accessible programs, services, and opportunities that enhance the lives of youth and their families. We aim to foster teamwork, sportsmanship, and personal growth through the sport of basketball. The game of basketball is just that—a game. Our primary goal is to ensure players enjoy the experience and develop a love for the sport. Emphasis is placed on skill development, teamwork, and sportsmanship, rather than on wins and losses. We encourage a stress-free, supportive environment where players can grow as athletes and individuals.

## COACH ROLES AND RESPONSIBILITIES

Coaches in the Mighty Knights program are mentors, role models, and leaders who create a safe and fun learning environment for players. Key responsibilities include:

- Encouraging positive reinforcement and skill development.
- Promoting sportsmanship and teamwork.
- Ensuring the safety and well-being of all players.
- Communicating effectively with players and parents.
- Coaches' Responsibilities and Guidelines

- Coaches are required to:
- Be reliable and on time for practices and games.
- Distribute practice and game schedules to parents prior to the season.
- Ensure first aid kits are available and emergency contacts are on hand.
- Provide all players with equal opportunities to participate and develop.
- Conduct themselves professionally and with respect towards everyone involved in the program.
- Coaches' Code of Conduct
- Honor the philosophy that youth sports exist for youth, not adults.
- Exhibit good sportsmanship and gracious acceptance of both victory and defeat.
- Maintain a positive and supportive attitude towards all players, parents, and officials.

### PLAYER GUIDELINES AND EXPECTATIONS

The Mighty Knights Basketball Program values commitment, teamwork, and sportsmanship in all participants. These guidelines help ensure a successful and rewarding experience for every player. By following these expectations, athletes will contribute to a supportive, disciplined, and competitive team environment that fosters personal growth and team success.

#### **Player Responsibilities and Expectations**

Players are expected to:

- Arrive on time, prepared, and ready to give their best effort.
- Demonstrate respect for teammates, coaches, opponents, and officials.
- Work hard, listen to instructions, and strive for continuous improvement.
- Embrace teamwork and contribute positively to a supportive team culture.

#### **Attendance Policy**

Regular attendance is crucial for personal and team success. Players must:

- Attend all scheduled practices and games.
- Notify the coaching staff in advance if unable to attend.
- Understand that consistent attendance is essential for skill development and team cohesion.

#### **Code of Conduct**

A positive atmosphere on and off the court is vital. Players should:

- Maintain high standards of sportsmanship and fair play.
- Follow all instructions from coaches and respect officials' decisions.
- Refrain from any behavior that disrupts team harmony or undermines the program's values.
- Represent the Mighty Knights with integrity and pride.

## **Required Equipment**

- Athletic shirt and shorts for practices
- Athletic shoes
- Water bottle (labeled with name)

## **PARENT GUIDELINES**

The Mighty Knights program values parental support and involvement to create a positive and enriching experience for all participants. The following guidelines help ensure a successful collaboration between parents, coaches, and players:

### **Parent Responsibilities**

Parents are expected to:

- Encourage their children to show respect, sportsmanship, and commitment.
- Ensure players arrive on time and are properly equipped for practices and games.
- Stay informed by regularly checking team communications via email, messaging apps, or social media updates.
- Support the team by volunteering when opportunities arise (e.g., snacks, transportation, events).

### **Volunteer Hours**

- Families are expected to volunteer each season at minimum of 1 hour in team activities.

### **Game Day Conduct**

To maintain a positive environment, parents should:

- Cheer respectfully for all players, avoiding negative or critical comments.
- Refrain from coaching from the sidelines to allow the coaching staff to lead effectively.
- Respect referees' decisions and avoid confrontations.
- Lead by example in demonstrating sportsmanship and teamwork.

### **Communication Protocol**

Open and respectful communication is key to resolving any concerns:

1. For general inquiries, contact the Team Manager.
2. For coaching-related matters, address concerns with the Head Coach.
3. For unresolved issues, escalate to the Head Coach.

Official communications will be shared via:

- The team messaging “Band” app.
- The Mighty Knights Private Facebook Group and/or Public Page for announcements.

## **Safety and Support**

Parents play a crucial role in player safety and well-being by:

- Informing coaches of any health concerns or injuries.
- Encouraging proper hydration, nutrition, and rest for their children.
- Supporting a balanced schedule to ensure sports do not interfere with academics or family time.

By adhering to these guidelines, parents contribute to a supportive and enjoyable experience for all participants in the Mighty Knights program.

## SAFETY POLICIES

The health, safety, and well-being of players are the top priorities of the Mighty Knights Basketball program. Coaches, parents, and players must work together to maintain a safe environment.

### **General Safety Guidelines**

- Coaches will supervise players at all times during practices, games, and team activities.
- Players must use appropriate basketball attire and properly fitted footwear designed for indoor courts.
- The gym, court, and equipment (such as basketballs, benches, and goals) will be inspected regularly for safety hazards. Any issues will be addressed promptly.
- All participants must follow the established rules and safety guidelines during practices and games.

### **Injury Prevention**

- Warm-ups and cool-downs are mandatory for all practices and games to help prevent injuries.
- Coaches will monitor players for signs of fatigue, overexertion, or dehydration.
- Players must communicate any discomfort, pain, or injuries to a coach immediately.
- Proper hydration will be encouraged before, during, and after all activities.

### **Emergency Preparedness**

- A first aid kit will be available at all practices and games.
- Emergency contact information for each player will be accessible to coaches at all times.
- In the event of an injury, the coach will assess the situation and seek appropriate medical assistance.

- An incident report will be completed for any significant injuries or safety concerns.

### **Concussion Awareness and Management**

**Concussions are a serious concern in youth sports, including basketball. The Mighty Knights Program follows strict concussion safety protocols:**

#### **1. Education**

All players, parents, and coaches will receive concussion education materials to help recognize symptoms and understand the risks.

#### **2. Immediate Action**

If a concussion is suspected:

- The player will be removed from play immediately.
- The player will not return to practice or games until evaluated and cleared by a qualified medical professional.

#### **3. Return to Play**

Players diagnosed with a concussion must follow a gradual, step-by-step return-to-play process as directed by their healthcare provider.

### **Health and Hygiene**

- Players should bring their own water bottles and avoid sharing to prevent the spread of illness.
- Proper hygiene practices, including handwashing and equipment cleaning, are encouraged.
- Players and coaches should stay home if they are sick to avoid exposing others.

By adhering to these safety policies, we can ensure a secure and supportive environment that prioritizes the well-being of all participants in the Mighty Knights program.

## COMPLAINT AND DISPUTE RESOLUTION

To ensure a respectful and professional environment, the Mighty Knights program has established clear procedures for addressing complaints and resolving disputes. All concerns will be handled promptly and fairly to maintain a positive experience for everyone involved.

### **Step 1: Address the Concern Directly**

- If an issue arises, parents or players should first address the concern directly with the individual involved (e.g., coach, team manager).
- Conversations should occur privately and at an appropriate time, avoiding heated exchanges during games or practices.

### **Step 2: Escalate to the Head Coach**

- If the issue remains unresolved, the concern can be escalated to the Head Coach.
- The Head Coach will review the situation and work to mediate a resolution that aligns with the program’s policies and values.

### **Guidelines for Effective Communication**

- Concerns should be raised promptly—ideally within 48 hours of the incident—to ensure timely resolution.
- All communication should be respectful and focused on finding a solution. Abusive or disrespectful language will not be tolerated.

### **Resolution Process**

- The resolution process may involve gathering input from all parties, reviewing relevant policies, and determining a fair outcome.
- Decisions made by the Program Coordinator are considered final.

### **Confidentiality**

- All complaints and disputes will be handled with discretion to protect the privacy of those involved.

By following this structured approach, we aim to foster a culture of open communication, mutual respect, and continuous improvement within the Mighty Knights program.

## PRACTICE AND GAME GUIDELINES

The Mighty Knights Basketball Program establishes clear guidelines for practices and games to ensure a productive, safe, and enjoyable environment for all participants.

### **Attendance and Punctuality**

- Players must arrive at least 15 minutes before the scheduled start time for practices and games.
- If a player cannot attend, parents should notify the coach in advance.

### **Preparedness**

- Players must bring all necessary items, including **basketball shoes**, athletic clothing, and a **water bottle**.
- Hair must be secured away from the face and no jewelry may be worn during practices or games.
- All personal items should be labeled and kept organized.
- Players should arrive ready to practice—shoes tied, water bottle filled, and all belongings stored appropriately.



## **Behavior and Respect**

- Players must treat coaches, teammates, opponents, officials, and staff with respect at all times.
- Parents and spectators should cheer positively and refrain from negative or disruptive comments.
- Unsportsmanlike behavior—including taunting, arguing with referees, or disrespect—will not be tolerated.

## **Effort and Participation**

- Players must give their full effort during all drills, practices, and games.
- Staying focused, listening to instructions, and participating actively are essential for player development and team success.
- Players should support one another and contribute to a positive team environment.

## **Safety**

- All participants must follow safety protocols, including wearing proper footwear designed for indoor courts.
- Any injuries, discomfort, or health concerns should be reported to a coach immediately.
- Players must hydrate before, during, and after practices and games.
- Only coaches and approved personnel are allowed on the bench or court during team activities.

## **Game Conduct**

- Players will demonstrate good sportsmanship at all times, whether winning or losing.
- Coaches and players must respect referees' decisions and avoid confrontations.
- Teammates are expected to encourage one another and uphold the values of the Mighty Knights program.

## **Parental Support**

- Parents must ensure players are punctual, properly equipped, and prepared for all practices and games.
- Spectators should model positive sportsmanship and help maintain a family-friendly environment.
- Parents must follow all facility rules and guidelines provided by the school or venue.

## ATTENDANCE, PUNCTUALITY, AND EXPECTATIONS

Consistent attendance and punctuality are vital to the success of the Mighty Knights Basketball Program. These guidelines help ensure strong team cohesion, skill development, and a positive experience for all participants.

### **Attendance Requirements**

- Players are expected to attend all scheduled practices, games, and team meetings.
- Absences must be communicated to the coach or team manager **in advance**, along with the reason for the absence.

### **Punctuality**

- Players must arrive **at least 15 minutes before** the start of practices and games to allow adequate time for warm-ups and preparation.
- Being on time demonstrates commitment and respect for teammates and coaching staff.

### **Expectations for Players**

- **Preparedness:** Players should bring all necessary items, including:
  - Proper basketball attire
  - Basketball shoes (non-marking, court-safe)
  - A labeled water bottle
- **Engagement:** Players must actively participate in all drills, team activities, and discussions.
- **Respect:** Players must treat teammates, coaches, officials, and opponents with respect and follow instructions promptly.
- **Safety:** Players are expected to prioritize their well-being and report any injuries, discomfort, or health concerns to a coach immediately.

### **Expectations for Parents**

- Ensure that players arrive on time, properly dressed, and equipped for practices and games.
- Communicate scheduling conflicts or absences to the coach as early as possible.
- Support the team by promoting punctuality, discipline, respect, and positive sportsmanship.

## SIDELINE CONDUCT

The Mighty Knights Basketball program promotes a positive and respectful atmosphere both on and off the court. Proper sideline behavior from players, parents, and spectators is essential for maintaining sportsmanship and team integrity.

### **Player Sideline Conduct**

- Players on the sideline must remain attentive to the game and supportive of their teammates.
- Follow the instructions of the coaching staff at all times.
- Stay engaged by watching gameplay, learning from what is happening on the court, and preparing to re-enter the game when called.
- Avoid negative comments, distractions, or behavior that disrupts focus or team morale.

### **Parent and Spectator Sideline Conduct**

- Cheer positively for all players, focusing on encouragement rather than criticism.
- Do not coach from the stands. This prevents confusion and allows the coaching staff to lead effectively.
- Avoid arguing with referees or engaging in negative interactions with opposing teams, parents, or spectators.
- Respect all decisions made by referees, coaches, and team staff.

### **General Guidelines for Everyone**

- Maintain a family-friendly atmosphere by refraining from inappropriate language, gestures, or behavior.
- Follow all facility rules and guidelines, including seating, gym entry, and conduct expectations.
- Address any concerns respectfully and through the proper communication channels **after** the game or practice—never during active play.

## HARDSHIP ASSISTANCE POLICY

The Mighty Knights Organization is committed to making our program accessible to families facing financial challenges. To ensure fairness and sustainability, hardship assistance is available under the following guidelines:

### **1. Eligibility:**

Families experiencing financial hardship may apply for assistance to cover registration fees or other program costs. Assistance is limited and based on need and available funds.

### **2. Application Process:**

- Families must complete the Hardship Assistance Application and submit all required documentation.

- Applications will be reviewed by the Board of Directors, and decisions will be communicated within 14 days of submission.

3. **Requirements for Recipients:**

- **Volunteer Commitment:** Families must commit volunteer all throughout the season.

- **Fundraiser Participation:** Families must fully participate in all team fundraising activities.

- **Player Attendance:** Players must maintain regular attendance at practices and games.

4. **Accountability:**

Failure to meet the volunteer, fundraising, or attendance requirements will result in the termination of assistance and ineligibility for future seasons.

5. **Renewal:**

Assistance is granted on a season-by-season basis. Families must reapply each year if financial hardship continues.

6. **Application:**

Please reach out to the team manager to request and application at [mightyknightsfootball@gmail.com](mailto:mightyknightsfootball@gmail.com)

## REQUIRED FORMS

1. **Player Information Form**
2. **Liability Waiver**
3. **Media Release Form**
4. **Birth Certificate (Copy of BC only-Send to mightyknightsfootball@gmail.com)**
5. **Practice Conduct & Post-Practice Procedures**

### **Submission Guidelines**

- All forms must be completed accurately and submitted by the designated deadline.
- Copies of the birth certificate should be provided in either physical or digital format.
- If assistance is needed to complete the forms or gather the necessary documents, please contact the Team Manager.

By ensuring all required forms and documents are submitted, we can provide a secure and organized environment for every participant.

## Mighty Knights Player Information Form

### Player Information

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

### Medical History

Allergies: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Past Injuries (Please include dates):

\_\_\_\_\_

Any known medical conditions:

\_\_\_\_\_

Are there any restrictions on physical activity? (If yes, please specify):

\_\_\_\_\_

### Parent/Guardian Information

Parent/Guardian 1 Full Name: \_\_\_\_\_

Relationship to Player: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address (if different from player's):

\_\_\_\_\_

Parent/Guardian 2 Full Name: \_\_\_\_\_

Relationship to Player: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address (if different from player's):  
\_\_\_\_\_

**Emergency Contact Information (Other than Parent/Guardian)**

Emergency Contact Full Name: \_\_\_\_\_

Relationship to Player: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Physician Contact Information**

Physician's Full Name: \_\_\_\_\_

Physician's Phone Number: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

**Consent and Agreement**

I hereby give permission for my child to participate in the youth basketball program. I understand that basketball is a physical sport and there are inherent risks involved. I have provided accurate and complete information regarding my child's medical history.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Mighty Knights Sports Liability Waiver (Informed Consent)**

### **Liability Waiver and Informed Consent**

Participant's Name: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Acknowledgment of Risk and Consent to Participate**

I, the undersigned, as the parent/guardian of the above-named participant, acknowledge and understand that participation in youth basketball involves the risk of injury, including but not limited to, concussions and other head injuries. I acknowledge that:

1. Basketball is a contact sport that inherently involves a risk of injury.
2. Injuries, including concussions, can occur despite proper equipment, safe play techniques, and coaching.
3. Concussions are serious and can have long-term health consequences if not properly managed.

### **Assumption of Risk**

I voluntarily agree to allow my child to participate in youth basketball and assume all risks, known and unknown, associated with the sport. I understand that while efforts will be made to ensure the safety and well-being of all participants, injuries can and do occur.

### **Consent for Medical Treatment**

In the event of an injury, I consent to my child receiving appropriate medical treatment. I understand that it is my responsibility to inform the coach and medical personnel of any pre-existing medical conditions or concerns.

### **Concussion Awareness**

I have received and read the Concussion Education Materials provided by the team. I understand:

1. The nature and risks of concussions.



2. The symptoms of concussions and the importance of recognizing them.
3. The procedures for responding to suspected concussions, including the action plan of removing the athlete from play and seeking medical attention.
4. The necessity of obtaining written clearance from a licensed physician before my child can return to play after a suspected concussion.

### **Liability Waiver**

In consideration of allowing my child to participate in youth basketball, I, on behalf of myself and my child, hereby release, waive, and discharge the team, its coaches, volunteers, and affiliated organizations from any and all liability for injuries, including concussions, that may occur during participation in practices, games, or other activities associated with the team.

### **Agreement to Follow Protocols**

I agree to follow all team protocols and procedures related to injury prevention, recognition, and management, including those specifically related to concussions. I understand that failure to comply with these protocols may result in my child being removed from participation for their safety.

### **Confirmation of Informed Consent**

By signing below, I confirm that I have read and understand this waiver and the Concussion Education Materials. I acknowledge the risks involved in youth basketball and agree to the terms outlined above. I confirm that I have informed my child of these risks and the importance of following safety protocols.

**Parent/Guardian Signature:** \_\_\_\_\_

**I have received a copy of the Concussion Education Materials for Mighty Knights Youth Basketball Team.**

Parent/Guardian Initials: \_\_\_\_\_

Date: \_\_\_\_\_

Participant's Signature (if 12 years or older): \_\_\_\_\_

Date: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

This waiver is intended to be legally binding. If any part of this document is found to be invalid, the remaining provisions shall remain in effect.

# Concussion Education Materials

## Introduction

Concussions are a serious concern in youth sports, including basketball. As participants, parents, and coaches, it is essential to understand the risks, prevention methods, symptoms, and recovery process associated with concussions. This guide provides important information to help ensure the safety and well-being of our athletes.

## 1. Understanding Concussions

A concussion is a type of traumatic brain injury (TBI) caused by a blow to the head, a fall, or any force that causes the brain to move rapidly inside the skull. Concussions can have serious, long-term consequences if not properly recognized and managed.

### Potential Consequences

- Memory problems
- Difficulty concentrating
- Mood changes or irritability
- Headaches
- Dizziness
- Sensitivity to light or noise
- Long-term cognitive impairment

## 2. Prevention and Preparedness

While we cannot eliminate concussion risks entirely in sports, we *can* take steps to minimize them.

### a. Safe Play Techniques

- Teach and reinforce correct basketball fundamentals, such as safe rebounding and body positioning.
- Discourage dangerous or overly aggressive play (e.g., pushing, undercutting, or unsafe contact).
- Ensure players understand and follow rules designed for safety.

### b. Proper Footwear & Environment

- Ensure players wear proper basketball shoes with good traction.
- Keep the gym floor clean, dry, and free from hazards.
- Inspect equipment like basketballs, goals, and benches regularly.

### c. Education & Training

- Educate athletes, parents, and coaches about the risks and symptoms of concussions.

- Train coaches to recognize signs of concussion and respond appropriately.

### **3. Recognizing Concussion Symptoms**

Symptoms may appear immediately or develop over hours. Recognizing them early is critical.

#### **Common Symptoms**

- Headache or “pressure” in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, foggy, or groggy
- Confusion or memory problems
- Not “feeling right” or appearing unusually emotional or quiet

### **4. How to Respond to a Suspected Concussion**

If a concussion is suspected, the following actions must be taken:

#### **a. Immediately Remove the Athlete**

- Remove the athlete from the game, practice, or activity right away.
- Do **not** allow the athlete to return the same day.

#### **b. Seek Medical Attention**

- The athlete must be evaluated by a healthcare professional experienced in concussion care.
- Parents should follow all medical recommendations and monitor symptoms closely.

#### **c. No Return Without Written Clearance**

- The athlete must provide **written clearance** from a licensed physician before resuming sports activity.

#### **d. Inform and Educate**

- Inform parents/guardians immediately.
- Review symptoms and provide guidance on what to watch for at home.

#### **e. Monitor Symptoms**

- Track symptoms over the next several days.
- Avoid physical and cognitive activities that worsen symptoms (bright screens, loud environments, strenuous exercise, etc.).

## **5. Steps for Returning to Play**

Returning after a concussion must be gradual and medically supervised.

### **a. Rest and Recovery**

- Complete physical and mental rest until symptoms are gone.

### **b. Gradual Return-to-Play Protocol**

Each step should be completed without symptoms returning:

1. **Symptom-Limited Activity** — Light daily activities that don't worsen symptoms
2. **Light Aerobic Exercise** — Walking or stationary cycling
3. **Sport-Specific Exercise** — Light basketball drills (no contact)
4. **Non-Contact Training Drills** — More intense drills, conditioning
5. **Full-Contact Practice** — Only after medical clearance
6. **Return to Play** — Full participation in games and practices

### **c. Monitoring & Assessment**

- The athlete must be monitored throughout each step.
- Any return of symptoms requires going back to the previous step.
- Final clearance must come from a healthcare professional.

## **Conclusion**

Understanding and managing concussion risks is vital in youth basketball. Through prevention, early recognition, proper response, and a structured return-to-play process, we can help protect our athletes. Working together, we can promote a safer environment for all Mighty Knights participants.

## **For More Information**

- **CDC Heads Up: Concussion in Youth Sports**
- **NFHS (National Federation of State High School Associations): Concussion Resources**
- **Children's Healthcare Providers specializing in sports medicine**

By staying informed and proactive, we help ensure the safety and well-being of every athlete in the Mighty Knights Basketball Program.

## Attendance Policy

### Purpose

To ensure consistent attendance at practices and games, promoting team cohesion, skill development, accountability, and a strong work ethic among all Mighty Knights Basketball players.

### 1. Policy Overview

This policy outlines expectations for player attendance, punctuality, and communication, as well as the consequences for unexcused absences or repeated tardiness.

### 2. Attendance Expectations

#### Practices

Players are expected to attend all scheduled practices. Consistent attendance is essential for individual growth, team chemistry, and understanding plays and strategies.

#### Games

Players are required to attend all scheduled games. Missing a game affects team performance, rotations, and morale.

### 3. Reporting Absences

#### Excused Absences

Parents or guardians must notify the coach **at least 24 hours in advance** when possible. Excused absences may include:

- Illness
- School obligations
- Family emergencies
- Pre-approved circumstances

#### Unexcused Absences

Failure to notify the coach in advance will result in the absence being marked **unexcused**.

### 4. Consequences for Unexcused Absences

To maintain fairness and accountability, the following steps will be applied:

- **First Offense:** Verbal warning and review of the attendance policy.
- **Second Offense:** Player will be benched for the next scheduled game.

- **Third Offense:** Player will be suspended from participating in the next **two** games.
- **Fourth Offense:** A meeting will be held with the player, parents/guardians, and coaching staff to determine further disciplinary action, up to and including removal from the team for the remainder of the season.

## 5. Tardiness

Players must arrive on time for practices and games. Repeated tardiness affects preparation and team flow.

Consequences for repeated tardiness:

- **First Offense:** Verbal warning
- **Second Offense:** Additional conditioning or extra practice drills
- **Third Offense:** Benched for part of the next game

## 6. Communication and Documentation

- Coaches will document all absences and tardiness.
- Parents and players will be notified promptly of attendance concerns or consequences.
- Honest and timely communication is encouraged to prevent misunderstandings.

## 7. Special Circumstances

The coaching staff understands that unexpected situations may arise. Special circumstances will be reviewed on a **case-by-case basis**, and reasonable accommodations may be made when appropriate.

## 8. Review and Acknowledgment

This attendance policy will be reviewed with all players and parents at the beginning of each season.

Players and parents must sign an acknowledgment indicating they understand and agree to follow the attendance requirements and consequences.

### Acknowledgment:

I have read and understand the East Feliciana Mighty Knights Attendance Policy. I agree to adhere to the attendance requirements and understand the consequences for unexcused absences and repeated tardiness.

Player Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Code of Conduct

As a participant in the Mighty Knights organization, I agree to uphold the following standards of conduct:

1. Respect: I will show respect towards coaches, teammates, opponents, officials, and spectators at all times.
2. Sportsmanship: I will demonstrate good sportsmanship and refrain from any form of bullying, taunting, or negative behavior.
3. Commitment: I will attend all practices and games on time, fully prepared to participate.
4. Integrity: I will play fairly, follow all rules, and represent the Mighty Knights with honor.
5. Responsibility: I will take care of my equipment and respect the facilities used for practices and games.
6. Communication: I will communicate respectfully with my coaches and address any concerns appropriately.

**I understand that failure to adhere to this Code of Conduct may result in disciplinary actions, including suspension or dismissal from the team.**

Participant's Name: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## Mighty Knights Media Release Form

I, the undersigned, hereby grant the Mighty Knights organization permission to use my child's name, likeness, image, voice, and/or appearance as may be embodied in any photos, videos, or audio recordings taken during Mighty Knights events or activities. This includes, but is not limited to, promotional materials, social media posts, newsletters, and website publications.

I understand and agree that:

- These materials may be used for a variety of purposes including promotional efforts and event documentation.
- I will not receive any compensation for the use of these materials.
- My child's participation and name may be revealed in descriptive text or commentary.

I further release and hold harmless the Mighty Knights organization, its representatives, and volunteers from any claims, demands, or causes of action arising out of the use of these materials.

This consent is granted indefinitely unless revoked in writing.

**Child's Name:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Contact Information: Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

I do not consent to the use of my child's image or likeness in any media materials produced by the Mighty Knights organization.



## Practice Conduct & Post-Practice Procedures

To ensure a safe and organized environment for all participants, the following rules must be followed during and after practice:

### Post-Practice Dismissal

- After practice, all players and cheerleaders must gather their personal belongings and equipment and head directly home or to their guardian.
- No lingering, horseplay, or loitering in the practice area, parking lot, or surrounding areas.
- Coaches and staff are not responsible for supervising children after practice ends.

### No Horseplay Policy

- Horseplay is strictly prohibited at all times, including during water breaks.
- Players and cheerleaders should take water breaks seriously, hydrate, and return to practice promptly.
- Water bottles must be kept in designated areas and should not be left scattered around the practice field.

### Late Pickup Policy

- Parents/guardians must pick up their child on time after practice.
- If a parent leaves and returns, they must arrive by the scheduled dismissal time.
- Late Pickup Fees:
  - First offense: Verbal warning
  - Second offense: \$10 late fee
  - Third offense: \$20 late fee and suspension from practice and games until the fee is paid

### Tardy Policy

- Players and cheerleaders are expected to arrive on time for practice.
- After three tardies, the player or cheerleader will face disciplinary action as determined by the coaching staff.

### Cell Phone Policy

- **No cell phones are allowed during practice or water breaks.**
- If a player or cheerleader brings a cell phone to practice, it must remain stored away and not used during practice.

By signing, parents and participants acknowledge these rules and agree to adhere to them.

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_

## **Guest Entry Policy**

### **Purpose:**

To ensure the safety and well-being of all players, coaches, families, and spectators, the Mighty Knights Youth Basketball & Cheer program enforces the following guest entry policy at all team events, including practices, games, and fundraisers.

### **1. Restricted Entry & Removal**

- a. Any individual with a valid restraining order or legal restriction against them in relation to a player, coach, or team member will not be allowed entry to team events.
- b. Individuals who have been involved in prior disruptions, altercations, or have been notified by team leadership that they are no longer welcome may also be denied entry.
- c. Any guest refusing to leave when asked will result in law enforcement being contacted immediately.

### **2. Enforcement Process**

- a. Parents or guardians who have obtained a restraining order must provide a copy to team leadership before the event.
- b. Team leadership will coordinate with the venue staff, security personnel, or local law enforcement to enforce the order as needed.
- c. Gate attendants and volunteers will be given clear instructions on who is restricted from entry and how to escalate concerns.

### **3. General Conduct & Safety**

- a. All attendees must conduct themselves respectfully.
- b. Any behavior deemed threatening, aggressive, or disruptive will result in removal from the premises.
- c. Law enforcement may be called at the discretion of team leadership for any situation that poses a safety risk.

### **4. Compliance with Venue Policies**

- a. As we utilize facilities such as Brec facilities, all attendees must comply with Brec policies in addition to team policies.
- b. The team reserves the right to modify or enforce additional entry restrictions in coordination with venue administrators.

### **5. Final Authority**

Decisions regarding entry and removal are at the sole discretion of the Mighty Knights Board of Directors and coaching staff in accordance with legal guidelines.

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_