



## Player and Parent(Guardian) Guidelines

### Player:

As a Limerick Lions player I understand the following expectations are placed upon me:

- To turn up to training/games on time and wearing suitable training gear.
- To contact my coach if unavailable for any reason as early as possible to allow coach to plan ahead.
- To show respect to coaches, other players, parents and spectators from all clubs.
- To help out with younger squads, keep score/time etc when asked to help by a coach. Remember they give up their time for you and so all players are expected to 'give back' when required.
- To always play by the rules and fairly in a sporting manner. To show respect for the officials who are trying to implement them. When a call is disputed I will allow my coach to deal with it.
- To remember that how I practice is how I play and so my best effort is expected at all times at training or in games.
- To remember that I play basketball because I enjoy it and that winning is not more important than playing my part in making the club a happy and successful one.

### Parent/Guardian(s):

As a Parent/Guardian I understand the following expectations are placed upon me:

- To help my child read and understand the above guidelines.
- To respect all athletes, coaches, officials and other spectators. Children learn from what they see and hear.
- To use the following procedure when an issue/concern arises.  
Wait 24 hours to cool down before reacting.  
Contact the coach to make an appointment to talk in a reasonable, mature manner.  
If unhappy contact any club officer.
- Encourage your child to play by the rules and be sporting in both victory and defeat.
- Remind them that their best effort is all that is expected of them and offer praise for good effort.
- Set a good example for children by getting them to training on time. Picking up on time.  
Contacting coach when unavailable to allow the coach to plan sessions.
- To remember that children play basketball because they enjoy it and that winning is not more important than playing your part in making the club a happy and successful one. Winning will be a product of doing things the right way.
- **Please remember all our coaches, assistants and helpers give their time on a completely voluntary basis. Any help you can offer the club will be greatly appreciated.**