



27324 Camino Capistrano Suite #225 Laguna Niguel, CA 92677 [www.TEAMNIKOS.com](http://www.TEAMNIKOS.com) 949-315-9566

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## **Welcome to Team Nikos Basketball Academy**

Thank you for your interest in Team Nikos Basketball Academy. We are proud to be part of the community where our mission is to provide Fostering National amateur basketball competition through directing and controlling interscholastic athletic competitions.

Being part of a travel team is demanding and time consuming for all parties involved. We stress the importance of family, religion, education, and development of our players throughout our club at all levels.

Family is our number one priority and the foundation of our mission. Nothing is more important to us than a strong bond between our players and their family, as well as their new extended Team Nikos family members. It is important to us that everyone is “rowing in the same direction”, and everyone gets along throughout our long season. If you need assistance or help, we are here to lend a hand where we can. If that means we pick up and drop off your son/daughter to help you out, we will. That’s what family does for one another; they help out where they can.

Our players must understand the importance of schoolwork. Good grades throughout the school year is expected and regularly checked by our coaches. We stress the importance of achieving good marks on report cards because we want our athletes to know what will be expected as they go into Intermediate and High School as well as College. The end goal for most Team Nikos players is to receive athletic scholarships, and without a solid GPA throughout high school, those chances decrease dramatically. Coaches will ask for report cards two to three times per season.

One of our primary goals is to produce highly visible student athletes, who will hopefully receive Athletic Scholarships to play at the college level.



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**COMPLETE YOUR REGISTRATION BY GOING ONLINE (the link will be sent via email):**

- *Player Information and Registration*
- *Uniform & Gear Order*
- *Payments (Club Dues, Uniforms and Gear, Per Diem)*
- *Acceptance of Commitment Contract, Terms and Conditions*

***IMPORTANT! Please have the following documentation to attach to your child's online registration:***

- ✓ *NCAA Certification*
- ✓ *Copy of player's birth certificate*
- ✓ *Copy of player's most recent school report card*



## **INTRODUCTION**

Over the years we have enjoyed many successes with our involvement in youth and adult basketball. We have learned that one key ingredient of success is clear and consistent communication between club, teams, coaches, players, and parents. This document is one way of explaining in detail the expectations of the Team Nikos Basketball Academy Club, its staff and members. It will help identify some potential problem areas and at the same time answer questions about the club decision making process. As you have committed to become a member of Team Nikos, please take the time to read the following pages carefully.

## **THE CLUB AND THE TEAM**

Members of Team Nikos agree to put the club ahead of the team. When decisions are made regarding conflicts between the club and a particular team, the club will come first. Club decisions will be made by consulting with the Program Directors and a majority vote of the Board of Directors. The decisions of the Board of Directors will be final and without appeal.

## **THE TEAM AND THE INDIVIDUAL**

Members of Team Nikos agree to put their team ahead of the individual player. If conflicts arise between the team, a player or parent, the team coach under the direction of the Program Director will be responsible to make decisions for the good of the team. These decisions will be made after gathering all relevant information and consultation with those involved. The decision of the team coach will be objective and based on his/her best evaluation of the facts. Once a decision has been made it is final and without appeal. Players and parents must agree to abide with the final decision.



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## **PRACTICES, ACADEMIES AND TOURNAMENTS**

The Team Nikos Club Basketball Program will provide each player with:

- Two (2) practices per week, with included Strength and Conditioning (SAC) Program conducted by a Certified Trainer (see below for further details).
- Two (2) academy training sessions per week. This is specialized skill training which we consider critical to every player's development.
- Two (2) tournaments per month. Locations will be local (generally in the Anaheim and Garden Grove areas).
- Two (2) travel tournaments per year. We will travel to out-of-town tournaments twice per year to cities such as San Diego, Palm Springs, San Francisco, Phoenix, Arizona and Las Vegas, Nevada.

Most practices and academy training sessions will be held at San Juan Hills High School, Saddleback Valley Christian High School and San Juan Sports Park.

On occasion, we may only have one practice or academy during a particular week due to holidays and/or unexpected changes to our facility access. Please note that we make every effort to avoid changes and cancellations, but in most cases these situations occur because of last-minute notification from the facilities themselves. We are committed to having a back-up plan in place (alternate facilities, practice on outside courts, etc.) in order to ensure that virtually no practices are cancelled during the season.

## **STRENGTH AND CONDITIONING (SAC) PROGRAM**

Our Strength & Conditioning Program at Team Nikos provides the best available sport-specific performance training by incorporating the best resources in the area of Elite Performance Training, Sports Medicine and Sports Science. We continuously prepare athletes for elite performance by developing and refining the most current training techniques, which enables our athletes to increase their overall speed, strength, explosiveness, agility and sport-specific ability.

Performance Training is designed solely to make the athlete stronger, faster, more agile and explosive. Sport-Specific Training is designed to target athletic ability and movements used in the sport in which the athlete competes. Our Performance Training services are geared toward providing the edge that is required for high-level competitive play. We work with athletes of all ages and have been able to define and create an integrated approach for developing superior athleticism. Our focus is on identifying deficiencies that limit athletic potential and eliminating them to release maximum athletic capability. Our Team Nikos SAC Training Curriculum and Training techniques were developed and designed by Jesse Mercado.

Our SAC Program Includes:

- Plyometrics (Jumping, Explosion, Balance, Coordination, Control)
- Strength Development (Upper, Lower, Power)
- Agility (Quickness, Footwork, Balance, Coordination, Control)
- Speed (Footwork, Explosion, Acceleration, Fast Twitch Reactions)
- Core (Abdominals, Back, everything from the neck down)
- Conditioning (Cardiovascular, Stamina)
- Flexibility (Stretching, Durability)
- Balance & Coordination



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## **2015-2016 TEAM NIKOS STAFF**

*NOTE: CURRENT AS OF FEBRUARY 2016. SPRING TEAMS AND COACHES TO BE ASSIGNED UPON COMPLETION OF FEBRUARY 2016 TRYOUTS. COACH ASSIGNMENTS ARE SUBJECT TO CHANGE AT ANYTIME THROUGHOUT THE SEASON.*

### **HEAD COACH**

Chris Jolivette

### **TEAM(S)**

TBA

### **COACH EMAIL**

[chris@teamnikos.com](mailto:chris@teamnikos.com)

Jesse Mercado

TBA

[jesse@teamnikos.com](mailto:jesse@teamnikos.com)

Demetrius Walker

TBA

[demetrius@teamnikos.com](mailto:demetrius@teamnikos.com)

Steve Williams

TBA

[steve@teamnikos.com](mailto:steve@teamnikos.com)

### **Additional Staff**

Mike Tolmaire

### **Title**

High School Program Director

### **Email**

[tolmaire@teamnikos.com](mailto:tolmaire@teamnikos.com)

Carol Miller

Executive Assistant

[carol@teamnikos.com](mailto:carol@teamnikos.com)

Alexis Gutierrez

Administrative Assistant

[alexis@teamnikos.com](mailto:alexis@teamnikos.com)

*“The end goal for each player within the Team Nikos program is to dramatically improve each season. Through focusing on our players mentally and physically, each player will be shown a path to increase their skill levels, confidence, competitive drive and the desire to overachieve against the highest level of competition.”*

**1 TEAM 1 UNIT**



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## **TOURNAMENT PLAY**

Included in this packet is the planned tournament schedule for the 2016 season, in which the indicated/assigned teams will play, on average, in two tournaments per month. We make every effort to pre-schedule tournament dates so that families can adequately plan their schedules well in advance. Please understand that changes to the schedule may occur, and that we will make every attempt to provide timely notification of any changes.

## **PER DIEM FOR OUT-OF-TOWN TOURNAMENTS**

A per diem fee will be assessed at the beginning of the season (*for NON-NCAA participating players ONLY*), to cover the coaches' cost of travel, accommodations and meals for the two out-of-town tournaments listed on the schedule. Per diem fees are calculated based on a full team and will not be refunded to players who decide not to travel to these tournaments with the team.

## **OFF-WEEKEND TOURNAMENT PROGRAM**

In order to give our players more opportunities for "in game experience," we have implemented an off-weekend tournament program. This optional program will allow your child to play more weekends during a given month (that is, on the weekends that are part of our regular schedule, as well as on the "off" weekends), if desired. An email will go out at the beginning of the month with upcoming tournament dates and signup sheet. If you would like your son or daughter to play on an "off" weekend, you would have to respond to the email no later than the following Wednesday. We will take players on a first-come, first-served basis, and will only allow up to 8 players to be on the team. This is to ensure that participating players all receive an adequate amount of playing time.

There will be an additional fee to play in these off-weekend tournaments. The fee will be \$41.20 per player per tournament. This fee covers the tournament registration and coach stipend. Payment for the tournament will be due upon signing up your son or daughter to play.



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## **PARENTS**

Parental support and involvement in the club is essential. If your son or daughter is selected and chooses to commit to the Team Nikos Basketball Academy Club, parental commitment is a necessity. If a player is to make a quality commitment to the club and their team, the parents must see to it that the player attends all possible club and team functions (practices, meetings, games, team bonding events, etc.). We understand that there will be times when a scheduling conflict cannot be avoided and other, more important events must take precedence. The club requires your communication, planning, and understanding so that we can minimize such conflicts. It is the club's responsibility to present a periodic schedule to allow time for you to plan ahead. When a player or his/her parents have an unavoidable scheduling conflict, the club expects timely communication to see if any possible adjustments can be made. The team's Head Coach will consult with the Program Director, who will make final decisions on scheduling and adjustments, after careful consideration of individual member needs and those of the club and/or team.

## **SIDELINE COACHING**

***There will be NO coaching by parents from the sidelines. No matter how good your intentions are, we insist there be no shouting instructions to your son, daughter and/or other players on the team, or shouting (complaining) to officials during games.*** Your vocal support and positive encouragement are welcome after a good play.

Players should only receive one set of instructions before, during, and after practices or games. For this reason, the club insists that the Team Nikos coach be the only voice at all games and practices. No one other than those listed on the official game roster may sit on or near the team bench before and during games (please respect the space and privacy necessary for the coach and team to carry out their game responsibilities).

Parents must understand this and conduct themselves in a manner consistent with a healthy team environment. Remember, playing only to win without taking healthy club, team, and player growth into account will not result in a solid foundation upon which your son or daughter will be prepared for achieving positive results.

Parents are always encouraged, at the appropriate moment and time, to feel free to communicate and/or ask questions about your child (or children) and their basketball growth. Please take the initiative to encourage your youth athlete to speak up and communicate for themselves whenever possible. We will instruct your son or daughter to ignore adverse conditions such as poor officiating, obscenities, rough play, negative behavior by opponents or parents, and general poor sportsmanship directed at them.

### **Team Nikos Open Door Policy**

Team Nikos coaches all have an open door policy, and encourage parents to contact them with questions, concerns and/or feedback. However, if you feel that you have a strong concern about your son/daughter or your team during or immediately after a game or tournament, we highly recommend a waiting period of 24 hours before initiating a conversation with your child's coach (i.e., the "24-Hour Rule"). Coaching any game, particularly one of high intensity, requires a lot of mental focus and concentration on the part of the coach. Our Team Nikos coaches perform their jobs with great passion and enormous energy – they literally put their "all" into every game. Likewise, Team Nikos parents also have a tendency to be emotionally invested in the games. Please consider the need for all parties to have adequate "downtime" after a game and/or tournament before discussing any concerns you may have.



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## COACHES

The coaches for Team Nikos Basketball Academy are instructed to conduct themselves first as teachers, and second as basketball coaches. *Nothing positive will come of club efforts if our players grow to become world-class players, but do not know how to conduct themselves as positive successful human beings both on and off the court. In this regard, you should expect Team Nikos coaches to conduct themselves as positive role models and provide examples of appropriate behavior.*

Our coaches recognize they are dealing in an important way with young people and cannot overlook the impact they have on their players' lives. Coaches are responsible for the conduct of the team on and off the court when the team is together and part of club events. **We insist our players are polite, well behaved, and respectful. Players and parents should expect honesty, communication consistency, and reliability from the coach.**

While the basketball we play will be taken seriously, the club recognizes there are things more important in life than sports. In terms of priority, family, religion and school work come first. However, if the team coach determines a player is not willing to put basketball above other recreational activities during the season, it could affect his/her playing time and/or status with the club. As a member of Team Nikos, we expect you to commit to the sport of basketball and your team as your first recreational activity and priority during the club season, unless otherwise discussed with the Program Director.

**The player and their parents are expected to take constructive criticism along with praise for a job well done, and be able to deal with both.** The Program Director may attend games as the schedule permits but conflicts will occur from time to time. The team coach will attend practices and coach the team during games. In situations where conflicts do occur (and they will), the Head Coach may designate another member of our club coaching staff to cover a particular practice or game with final approval of the Program Director. There will be times when teams of an appropriate age level may be asked to be in charge of itself so that the team and its players grow in leadership, maturity, and responsibility.



## **DISCIPLINARY ACTIONS**

Our attempt with this document is to present in clear detail exactly what will be expected of you and what you can expect of the club, the team, and the club coaching staff. If you are uncertain as to what is expected, it is your responsibility to ask your Head Coach. Knowing and understanding these things will make your participation a positive experience for your player as he/she develops to the highest level. The club has high expectations for our teams, coaches, players and parents, both on and off the court. These expectations are really the rules, regulations, and policies for the Team Nikos Basketball Academy. So that players and parents in our club can get the maximum benefit, the club requires that all players and parents abide by club rules, regulations and policies.

### **If disciplinary actions are necessary, the following steps may be taken:**

- I. Step I: Intervention at the player level. The Head Coach and/or Program Director will discuss the problem directly and privately with the player with the expectation that the problem will be corrected immediately. If the problem continues, escalation to Step II will occur:
- II. Step II: Intervention at the parent level. A meeting between the Head Coach and/or Program Director and the player's parents will be conducted to discuss the failure of the player to correct the problem on his/her own. If the problem still continues, escalation to Step III will occur:
- III. Step III: Temporary suspension of the player. The specific terms of the suspension will be determined on a case-by-case basis, depending on the exact circumstances and severity of the problem at hand. Terms will include length of the suspension and level of involvement, if any, in practices, academies, games and/or tournaments. If this still fails to resolve the problem, escalation to Step IV will occur:
- IV. Step IV: Removal from the Club. If the situation warrants, the Program Director may recommend to the Board of Directors that the player be removed from the club. The Board of Directors will notify the parents of the Program Director's recommendation. The parents of any player recommended for removal from the club may request to meet with the Board of Directors and the Program Director. There may be problems or circumstances that warrant the Team Nikos Board of Directors' need to take immediate action. The Team Nikos Board of Directors, at their sole and absolute discretion, will determine which problems and circumstances will require their immediate action. Problems or circumstances may include, but not be limited to: member misconduct (whether player, parent, coach, assistant coach, official or officer). Should the Team Nikos Board of Directors find the conduct of any member detrimental to the best interests of the Club or to the purpose for which the Club has been formed and/or to the interest of basketball, the Team Nikos Board of Directors may take such action as they determine reasonable, applicable, and appropriate; including but not limited to suspension from or removal from the Club. Such action shall require the vote of a majority of the Team Nikos Board of Directors.

NOTE: Depending on the severity of the problem or situation, the Program Director, at his discretion, may choose to take any of the above Steps (I through IV) immediately. In other words, the escalation process is not in any way a guarantee that it will proceed exactly as outlined above.

*Our desire is to work in a positive and constructive way with our players. Everyone has problems from time to time, and the club will make every effort to work with a player and his/her parents to help resolve any problems. After exhausting all effort to solve a problem, the club will be left with little choice other than to pursue the disciplinary actions as outlined above.*



## **PAYMENT, DROP AND INJURY POLICIES**

### **PAYMENT POLICY**

- **Initial Payment:** An initial payment (including deposit, and for Non-NCAA participating players, gear and per diem) is due at or prior to the Annual Club Parent Meeting at the beginning of each new season. Payments are to be made online during the registration process. A copy of the paid receipt/registration confirmation should be turned in at the meeting.
- **Remaining Payments:** Remaining payments, if applicable, are due on or before the date identified on the payment schedule in this packet. Payments are to be made online or mailed directly to the Team Nikos Bookkeeper. Alternate payment plans require approval.
- **Late Payment Fees:** A \$25.00 late payment fee will be assessed each time a payment is made past the due dates described above, or past due dates in any alternate payment plans. This fee will be strictly enforced.
- **Payment Default:** Any player is considered “in default” when payments are delinquent 3 or more days. Any player delinquent in club and/or team dues will be notified by the club; players will be prohibited from participating in any club competition and membership privilege may be revoked.

### **DROP POLICY**

No refunds will be granted to players who drop out during their season-long commitment to the club. In order to maintain a high-caliber program dedicated to developing skilled basketball players, we expect players to commit to a full season (a total of 6 months for high-school athletes). Pulling out of the program early is disruptive to the other players and team process; therefore refunds are not generally given. Should a family have an unavoidable need to exit the program, a refund request would need to be put in writing for board approval; approval is not guaranteed, but is based on the board’s consideration of all factors. Should a refund be granted, it will be pro-rated and exclude the non-refundable deposit. Approved refunds will only be paid out once the vacated roster spot has been filled and the new player’s dues have been paid.

### **INJURY POLICY**

In order to receive a partial refund of dues paid, a player must have missed 4 or more months of the club season and provide a doctor’s note (the high school season does not count as part of the club season). Refunds will be paid as follows:

- \$500.00 if a player misses 4 months
- \$100.00 for each month thereafter, not to exceed \$400.00

Total Refund Possible: \$700.00 for six (6) months of missed games and practices due to an injury.



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## **FINANCIAL AID**

Families facing difficulties in paying all or part of the club dues may apply for financial aid within 10 days of the Annual Meeting. Parents will be required to fill out an application including financial information and present their case to the Board of Directors. The Board of Directors, at their sole and absolute discretion, will either approve or disapprove the application at the board meeting during the month after the Annual Meeting.

## **ALTERNATE PAYMENT PLANS**

Alternate payment plans may be available to families who are unable to meet the payment schedule detailed in this packet. Families must request an Alternate Payment Plan within 10 days of the Annual Meeting. The Treasurer will either approve or disapprove the Alternate Payment Plan; such approval or disapproval will be at the sole and absolute discretion of the Treasurer, and will be made within 10 days of said request. If the Treasurer disapproves the Alternate Payment Plan request, the family will be required to make payments according to the standard payment schedule detailed in this packet. If the Treasurer approves the Alternate Payment Plan, any late payments will be subject to the Late Penalty and Payment Default provisions listed above.

Any Alternate Payment Plan Agreements must be secured by a promissory note.

***PLEASE NOTE THAT INSTALLMENT PAYMENTS ARE MADE ONLINE THROUGH PAYPAL AS DESCRIBED IN THE FOLLOWING PAYMENT SCHEDULE.***



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## 2015-2016 Season ALL-INCLUSIVE Payment Options and Schedule

**ALL-INCLUSIVE Club Fee (6-month program, March-August):** **\$2,750.00**

*Our All-Inclusive High School program fees include all of the following:* Uniform/gear, workouts, trainings, Academy sessions, head coaches AND assistant coaches for every team, practices, gym rentals, insurance, tournament fees, June High School Elite training with Jordan Lawley, Jason Wright and Bob Willet, lodging for out-of-state travel AND IN-HOUSE RECRUITING SERVICES.

Payment Option	Description	Payment Due Date	Payment Amount
OPTION # 1 – Pay in FULL (10% discount of \$275.00)			
	Full payment	March 1, 2016	\$2,475.00
		TOTAL DUES:	\$2,475.00
OPTION # 2 – Pay in 2 Installments (5% discount of \$137.50; \$500.00 due at registration)			
	Deposit	March 1, 2016	\$500.00
	Payment # 1	By April 1, 2016	\$1,056.25
	Payment # 2	By May 1, 2016	\$1,056.25
		TOTAL DUES:	\$2,612.50
OPTION # 3 – Pay in 4 Installments (500.00 due at registration)			
	Deposit	March 1, 2016	\$500.00
	Payment # 1	By April 1, 2016	\$562.50
	Payment # 2	By May 1, 2016	\$562.50
	Payment # 3	By June 1, 2016	\$562.50
	Payment # 4	By July 1, 2016	\$562.50
		TOTAL DUES:	\$2,750.00

Online registration includes credit card payment option. If paying by credit card, please note that a nominal fee will be added to cover the merchant fee.

If paying by check, make check payable to

**Team Nikos Basketball Academy**

and bring your payment with you to the Annual Club Parent Meeting.

**IMPORTANT:** be sure to identify your child's full name in the memo section on your check.

**Installment Payment Instructions:** Upon receipt and processing of your registration, monthly installment instructions will be emailed the primary parent/guardian on file.



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## 2015-2016 Season NON-NCAA Payment Options and Schedule

**Non-NCAA Participating Club Fee (6-month program, March-August): \$1,750.00**

*Includes:* Workouts, trainings, Academy sessions, head coaches AND assistant coaches for every team, practices, gym rentals, insurance and non-NCAA tournament fees and June High School Elite training with Jordan Lawley, Jason Wright and Bob Willet.

*DOES NOT INCLUDE:* NCAA tournament fees, lodging for out-of-state travel or recruiting services.

Payment Option	Description	Payment Due Date	Payment Amount
OPTION # 1 – Pay in FULL (10% discount of \$175.00)			
	Full payment	March 1, 2016*	\$1,575.00
		TOTAL DUES:	\$1,575.00
OPTION # 2 – Pay in 2 Installments (5% discount of \$87.50; \$500.00 due at registration)			
	Deposit	March 1, 2016*	\$500.00
	Payment # 1	By April 1, 2016	\$581.25
	Payment # 2	By May 1, 2016	\$581.25
		TOTAL DUES:	\$1,662.50
OPTION # 3 – Pay in 4 Installments (500.00 due at registration)			
	Deposit	March 1, 2016*	\$500.00
	Payment # 1	By April 1, 2016	\$312.50
	Payment # 2	By May 1, 2016	\$312.50
	Payment # 3	By June 2, 2016	\$312.50
	Payment # 4	By July 1, 2016	\$312.50
		TOTAL DUES:	\$1,750.00

\*Uniform/gear (varies) and per diem fees are also due, in addition to your club dues or deposit, at the time of registration. **2016 Per Diem Fees: \$185.** Please complete your online registration to order your uniform and gear, and to calculate the total fees due at registration.

Online registration includes credit card payment option. If paying by credit card, please note that a nominal fee will be added to cover the merchant fee.

If paying by check, make check payable to

**Team Nikos Basketball Academy**

and bring your payment with you to the Annual Club Parent Meeting.

**IMPORTANT:** be sure to identify your child's full name in the memo section on your check.

**Installment Payment Instructions:** Upon receipt and processing of your registration, monthly installment instructions will be emailed the primary parent/guardian on file.



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## 2016 NCAA Schedule

Event # 1	Fastbreak Sports	March 12-13	Los Angeles, CA
<b>Event # 2</b>	<b>So Cal Hoop Review- WCE*</b>	<b>April 15-17</b>	<b>Garden Grove, CA</b>
<b>Event # 3</b>	<b>Pangos Sweet Sixteen*</b>	<b>April 22-24</b>	<b>Los Angeles, CA</b>
Event # 4	Cali Elite Tournament	May 7-8	Inland Empire, CA
Event # 5	Memorial Day Classic	May 27-30	Phoenix, AZ
<b>Event # 6</b>	<b>Summer Kick Off-Ryan Silver*</b>	<b>July 6-10</b>	<b>Garden Grove, CA</b>
<b>Event # 7</b>	<b>Best of Summer-Pumps*</b>	<b>July 13-17</b>	<b>Anaheim, CA</b>
<b>Event # 8</b>	<b>Fab 48*</b>	<b>July 21-24</b>	<b>Las Vegas, NV</b>

*\*Viewing period events*

## 2016 Non-NCAA Schedule

Event # 1	Fastbreak Sports	March 12-13	Los Angeles, CA
Event # 2	AVAC	April 9-10	Garden Grove, CA
Event # 3	OGP	April 16-17	Anaheim, CA
Event # 4	Cali Elite Tournament	May 7-8	Inland Empire, CA
Event # 5	Memorial Day Classic	May 27-30	Phoenix, AZ
Event # 6	SGV	July 9-10	Anaheim, CA
Event # 7	Jam On It	July 22-24	Las Vegas, NV

NOTE: Due to all High School teams is session for their schools during the month of June, we will host an Elite High School training camp with Jordan Lawley, Jason Wright and Bob Willet in place of tournaments. See page 17 for additional information.

*ALL DATES ARE SUBJECT TO CHANGE. WE WORK HARD TO STAY ON THE SAME WEEKENDS AS POSTED, BUT SOME TOURNAMENTS DO CHANGE THEIR DATES UNEXPECTEDLY.*

*\*NON-NCAA PARTICIPATING PLAYERS WILL NOT PLAY IN THE VIEWING PERIOD EVENTS HIGHLIGHTED ABOVE.*



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## **COMMITMENT CONTRACT**

Team Nikos Basketball Academy strives to teach each student the importance of hard work and commitment. As a Team Nikos basketball team member you are afforded an opportunity for both fun and learning, as we want each student athlete to make the most of his/her experience.

Team Nikos has an experienced host of coaches who are committed to helping each player reach his/her full potential in the game of basketball. We believe the development of a solid work ethic at a young age greatly improves an athlete's chances of playing the sport at a higher level. In order to implement this, each student athlete is asked to read this contract carefully with his/her parent(s). This is your Formal Notice of the commitment, responsibilities and requirements needed from both our parents and student athletes as we move into this upcoming season.

This Commitment Contract holds each student athlete to a certain standard of behavior, both on and off the court. Parents and classroom teachers are asked to report behavior that goes against this code of conduct, and they are invited to discuss consequences with the athletic director.

### **COMMITMENT 1 – ATTENDANCE**

- All student athletes are expected to be on time and attend every practice and SAC training and attend “highly encouraged - optional” Academy Training.
- Any athlete arriving late, leaving practice early or missing practice altogether will be expected to complete a specified amount of sprints. This is not necessarily a punishment, but to keep our athletes in shape and continue their athletic conditioning.
- All athletes need to meet 30 minutes before every game and check in with their Coach. The meeting time for each game will be designated at least one day before the game.

### **COMMITMENT 2 – ATTITUDE**

- Sportsmanship and a positive attitude are expected at all times and will be reinforced on and off the court.
- Student athletes must foster an uplifting and encouraging atmosphere towards peers and opponents at all times.
- Undermining the authority of coaches, teachers, or parents is not acceptable. When instructions or criticism is given, student athletes are expected to respond with an attitude of respect and compliance. Student athletes are expected to respond respectfully to all authority figures.
- No offensive language. No exceptions.

### **COMMITMENT 3 - NOTIFICATIONS**

- Immediately notify your Head Coach AND Team Manager after the weekly email if you plan to miss a practice, academy or any tournament game(s). (7th-HS players must contact coach personally via phone or text if they are going to miss and include an explanation as to why).
- Immediately notify your Head Coach AND Team Manager if you notice a schedule conflict with the Team Nikos calendar of events ([www.teamnikos.com/calendar](http://www.teamnikos.com/calendar)).
- Respect the Coaches' time as you wish the Coaches to show the same respect for your schedule.



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## ABSENCE POLICY

Learning teamwork and a team spirit is an important aspect of basketball. Therefore, discipline in most cases will be dealt with on a team basis. Of course there are exceptions, which is up to the coach's discretion.

*Excused absences are considered the following: Emergencies, Illness, Family/Religion, School, and Multi-Sport conflicts.*

### TYPE OF ABSENCE

1 unexcused missed practice

2 unexcused missed practices during the same week

1 unexcused missed game during a tournament

1 unexcused missed day during a tournament weekend

2 excused absences during the course of one week

### CONSEQUENCE

1<sup>st</sup> half of next game on the bench

No play during next tournament

No play for the rest of the day

No play for the rest of the tournament

Player will not be eligible to start at the tournament

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## JUNE HIGH SCHOOL ELITE TRAINING CAMP

Do you want to become a better ball handler? Play faster? Finish stronger at the rim?

The Team Nikos Basketball Academy is proud to provide High School Players in our program with a unique opportunity to jumpstart individual skill-building in June!

Professional basketball trainers **Jason Wright**, **Jordan Lawley** and **Bob Willet** join the TNBA family in June to present specialized training sessions geared to help you improve your skill-set on the court.

The free, weekly training sessions offer a variety of ball handling drills, offensive moves and attack-the-basket techniques designed to help a dedicated basketball player take their game to the next level.

Training Sessions will take place every week in June from 2:00 pm to 3:00 pm

Location: TBA

Dress Attire:

- Reversible Basketball Jersey
- Basketball Shorts
- Basketball Shoes

BRING:

- Basketball
- Plenty of water

Take advantage of this special opportunity! Attend, improve and apply these skills to your daily training routine and watch yourself become a better basketball player!