



## **FBC (Finest Basketball Club)**

# **PLAYER CODE OF CONDUCT**

### **FBC Players:**

As a basketball player on the FBC (Finest Basketball Club) you are expected to uphold the highest standards of sportsmanship, integrity, and commitment. The following code of conduct outlines the behaviors and attitudes we expect from all players:

1. **Respect:** Treat coaches, teammates, opponents, referees, and spectators with respect at all times. Show appreciation for the efforts of everyone involved in the game.
2. **Sportsmanship:** Display good sportsmanship on and off the court. Win with humility and lose with grace. Shake hands with opponents after each game, regardless of the outcome.
3. **Commitment:** Attend all practices, games, and team meetings unless excused by the coaching staff for valid reasons. Arrive on time/early and ready to give your best effort.
4. **Work Ethic:** Strive for continuous improvement and give 100% effort in every practice and game. Be willing to put in extra time and effort to develop your skills and contribute to the team's success.
5. **Teamwork:** Embrace your role on the team and support your teammates. Communicate effectively on the court and work together to achieve common goals. Celebrate each other's successes and encourage each other during challenges.

6. Discipline: Follow team rules and guidelines set forth by the coaching staff. Maintain focus during practices and games, avoiding distractions that may detract from your performance or the team's cohesion.
7. Responsibility: Take ownership of your actions and choices both on and off the court. Represent the team and the school/community in a positive light at all times.
8. Ethical Behavior: Refrain from engaging in unsportsmanlike conduct, including taunting, trash-talking, or any other behavior that may reflect poorly on yourself or the team.
9. Academic Excellence: Prioritize your academic responsibilities and strive for excellence in the classroom. Remember that you are a student-athlete, and your academic success is essential for your overall development.
10. Health and Well-being: Take care of your physical and mental health by staying hydrated, getting adequate rest, and seeking support when needed. Notify Coaches of any injuries or health concerns promptly.

By reviewing the code of conduct, we ask that you conduct yourself in a manner that represents FBC & Supreme on and off the court. By adhering to this code of conduct, you not only represent yourself but also your team, your school, and your community. Your commitment to these principles will not only contribute to the success of our basketball program but also shape you into a responsible, disciplined, and respected individual both on and off the court.

#WeAreFBC #FBCstrong

Finest Basketball Club (FBC) is an organization dedicated to the development of student athletes under the age of 19 for National and International basketball competition through a rigorous athletic training program. The student athletes in our organization receive the highest quality training, which allows them to compete on a premier level.

FBC players receive a commitment from the FBC organization to provide an environment in which the athlete acquires tools and learns to use these tools on the basketball court, in addition to tools that help them with life experiences. The level of love and support amongst FBC players, parents, and coaches creates a great learning environment for the girls, families and staff.

[www.fbcstrong.com](http://www.fbcstrong.com)