

THE STUDENT-ATHLETE COMMITMENT CARD

SAC Cards & VABA Leagues

JBL (1-2), REC (9-10, 11-12): Optional,

JBL (3-4) & VDBL: Required

Since the VABA's primary mission is to "build character and shape lives through the game of basketball," the "Student-Athlete Commitment Card" (SAC card) is an essential part of this on-going process. Consistent follow-through and communication is **essential** from the coaches, the parents and the Student-Athletes.

Each Student-Athlete (SA) will submit a signed SAC card to his/her team weekly, a minimum of 15 minutes prior to each game. The SAC Card includes a parent signature attesting to the SA's academic standing, school conduct, and home conduct. For a SA to participate each week, he/she must first receive a check-mark denoting that his parent/guardian approves of his performance in each of these areas. He must also receive a check-mark from his/her coach for acceptable "Team Participation" (this includes attendance, punctuality, attitude, effort, etc.). Student-Athletes should never miss a practice or a game without contacting the coach prior to the practice or game (we encourage the SA to make the call and contact the coach, rather than the parent, even in the JBL). If a SA does not meet these minimum expectations (and does not receive all four checks) he/she will not be permitted to "suit up" for that particular week. In this event, the SA is expected to attend the game and support the team by sitting on the bench during the game. If the SA does not attend the game for which he/she is "suspended," (without an acceptable excuse) he/she will not be permitted to play the following weekend.

All VABA leagues have playing time rules. A SA may receive all four check marks, but receive negative remarks in the comment section (poor attitude, poor effort, tardiness, unexcused absenteeism, etc.) which could adversely impact his/her playing time for that game. This is addressed in the "Dressing Out vs. Full Play" section.

Parents/Guardians are required to complete and sign the Players Commitment Card weekly based on three criteria:

- Academics (player must maintain grades that fulfill family expectations)
- School Conduct (player must fulfill behavior expectations of teachers and administration)
- Home Conduct (player must fulfill behavior expectations of Parents/Guardians)

The SAC Cards may be distributed to student-athletes *prior to the start* of the season. Families may also access SAC Cards online. **Coaches must review the league rules and policies regarding the "Student-Athlete Commitment Card" with ALL the parents and student-athletes.** It is the **student-athletes' responsibility** to return the **completed** card to their Coach (or Team Manager) upon arrival to the gym before game time each week. The Coach (or Team Manager) then turns them in to the Game Supervisor 15 minutes before game time. **If a student-athlete DOES NOT submit their completed card before game time, then the student-athlete WILL NOT play in that week's game.** If the SAC Card is not completed and turned in at game-time (but someone is getting him/her one to bring to the game), the SA would sit on the bench until it arrives and NOT make up his/her missed game-time. If the SAC Card is never brought to the game, the student-athlete will sit on the team's bench in appropriate street clothes ("dress clothes") or team uniform and cheer on the team.

SAC Cards should be used by coaches as the minimum requirement necessary for a player to be permitted to "dress out" for the game. Unless the parents and the coach sign the card, the player should not be permitted to "dress out" for the game, but should be in attendance at the game. Coaches must communicate to the player and parents before game day if the player will not be permitted to "dress out." Even if the player is permitted to dress out – that is, the coach and parents sign the player card – the player is not guaranteed the minimum playing time appropriate for his age group. Playing time will be controlled by the rules set forth according to League rules.

"Dressing Out" vs. "Full Play"

A critically important section of the **SAC Card** is the "Coaches' Comments" section. It is this section that allows the coaching staff to make the distinction between "Dressing Out" and "Full-Play." This is an opportunity for coaches to **"use the bench to teach."** If an athlete was late or absent to practice, or attitude or effort has been less than satisfactory, or a coach determines there is any "team expectation" that has been less than satisfactory, the coach may CHECK the box, but take playing time away. In this event, the coach **must** make comments on the card to indicate this – and he must have already discussed with the SA and the parent(s) prior to game day. If there is an egregious offense or repeated offenses, the coach reserves the right to leave the **"Team Participation"** box blank (he must include comments and have discussed with SA and parents prior to game day), and the SA must attend in appropriate (as deemed by the coach) street clothes. If a head coach forgets/neglects to talk to the SA and his family prior to game day, the head coach may not make any changes to the athletes playing time for that game.

VABA recognizes that use of the SAC Card in this manner may mean that team with the best talent will not win, but the TEAM with players that continue to fulfill all their appropriate responsibilities will be rewarded. Our aim is to train, develop, and prepare each player for the next step in his life. **Do not compromise these goals in order to win a youth basketball game.**

Virginia Basketball Academy STUDENT-ATHLETE COMMITMENT CARD

VABA Mission:
*Building character and shaping lives
through the game of basketball*



Student-athlete: _____

Grade/Team: _____

Date submitted: _____

Weekly, each STUDENT-ATHLETE's Parent/Guardian & Head Coach must confirm the items below are in good standing (indicated by "check" mark) to be eligible to dress out. Parent and Head Coach comments may determine *playing time*. Student-athletes must submit this card to their coach at least 15 minutes prior to game time each week.

- ☐ **Academics** (PARENT: Student-athlete has fulfilled academic expectations)
- ☐ **School Conduct** (PARENT: Student-athlete has fulfilled behavior expectations)
- ☐ **Home Conduct** (PARENT: Student-athlete has fulfilled behavior expectations)

Parent Comments:

X _____
Parent/Guardian Signature

Date

- ☐ **Team Participation** (HEAD COACH: Has fulfilled team expectations - attendance, punctuality, attitude, etc.)

Coaches' Comments:

X _____
Coach's Signature

Date

VABA CORE VALUE #3: DISCIPLINE
"Discipline yourself and others won't need to." –John Wooden