



RISE AS ONE

SPRING SEASON PLAYER CONTRACT FOR RISE AS ONE

I, _____ (name), want to play basketball for Rise as One AAU Basketball. I understand it is not a recreational league; it is competitive play. By joining a Rise as One team for the season, I am making a commitment for the rest of the season to become a better basketball player by improving my skill sets in practice and devoting myself to my team. By accepting a roster spot, I am pledging to commit myself for the duration of the season.

IN EXCHANGE FOR THE PRIVILEGE OF BEING ON A RA1 TEAM, I PROMISE TO DO THE FOLLOWING:

ATTENDANCE: I will be on time for all practices. All practices are considered mandatory. Please arrive early to allow yourself adequate time to prepare for practice. "If you are on time, then you are late. If you are early, you are on time." Rise as One expects athletes to make every effort to attend each practice as absences will affect your playing time and participation on the team. You must attend all practices unless you have previously discussed conversations with the Rise as One basketball director about absences before the AAU season.

PRACTICE AND GAME ATTIRE: I will be properly dressed in Rise as One AAU basketball practice gear (shorts and jersey) for every practice and Rise as One game uniform for tournaments. I will wear a "Basketball Factory" shirt for all training sessions.

PLAYING TIME: I acknowledge that playing time will vary according to team, and is not guaranteed. Playing time is considered to be earned through performance both at practice and in previous games. Attitude is often most important factor in determining playing time.

ATTITUDE & EFFORT: I will strive to maintain a positive attitude, and always respect my coaches and teammates. I will always put forth my best effort at practices, training sessions, and games. Our goal is to field a team of players that consistently demand more of themselves than is demanded by the coaches. Be coachable, hustle, display mental toughness, and focus on the game. Coaches should not be teaching effort. We strive to develop good habits by practicing with good form and appropriate efforts. These efforts will determine our success during competitive play.

TEAM MINDSET: I acknowledge that teammate adjustments and sacrifices are necessary to achieve team and individual success. Extraordinary Commitment on the part of players, their families, and the coaches is important. In return, we have an opportunity to create a positive experience that will have a lasting effect on players' life. I understand the above requirements and I agree to abide by the expectations described on this sheet when I play on a RA1 team.

X. RISE AS ONE PLAYER SIGNATURE

