

TEAM 2FOUR

Skills Clinic Detailed Information (Please keep for your records)

Welcome to the Team 2Four Skills Clinics! We are glad you are here to play the wonderful game of basketball! Here is some important information for you:

**Required Items for participation

- Large bottle of water (32 oz or more)
- Healthy post-workout snacks (granola bars, fruit, sandwiches, trail mix, veggies/dip, cheese, etc)
- Paper/Pencil
- Basketball sneakers (other shoes can lead to injury; please do not wear street shoes!)

As a general rule of thumb, t-shirts, basketball shorts, socks, and high-top basketball sneakers are advised.

**Optional items for participation

- Mouthguard *strongly recommended*
- Ankle braces *strongly recommended*
- Knee pads/elbow pads
- Goggles (if you wear glasses)

***For more information about these required items, and why we require them, please visit our website at www.team2four.com*

Disciplinary Code

All participants are expected to behave in a manner that is respectful of the facilities and their rules and administrators, the Team 2Four Staff, and of other participants and their personal property. The following behavior will not be tolerated, and will move us to immediately dismiss you from Team 2Four activities permanently (without refund):

1. Any kind of violence, fighting, hitting, kicking, punching, or intentional physical harm of any kind to any persons in workouts or facilities.
2. Any kind of theft of or destruction to personal property of others frequenting the facility, or property of either Team 2Four or the facilities where activities are taking place
3. Any kind of violation of the policy and procedures of code of conduct of the facilities where Team 2Four activities take place. Please see facility staff for more information.

The following behavior will also not be tolerated, and at the discretion of Team2Four staff, and the staff of the facilities where Team 2Four activities take place, may cause you to be removed from Team 2Four activities, temporarily or permanently (without refund):

1. Insulting, name calling, cursing, rude behavior in general, or any kind of verbal abuse to other participants or Team 2Four staff or the staff of the facilities where Team 2Four activities take place.
2. Disruptive behavior that takes away from the growth and development of yourself and other participants, ignoring instructions given by staff of the facilities or Team 2Four staff, or any kind of general disrespect or poor behavior.
3. Any other behavior that negatively inhibits the enjoyment and progress of the participants of the clinic.

We are all here to have fun and get better; please treat those around you with the respect you give your grandmother. While we do want you to enjoy yourselves, we also want to make sure that we can all enjoy ourselves together, in a safe and cooperative manner.

Thanks, and welcome to the Team 2Four Family!