

San Diego Adaptive Sports Foundation  
Travel Policies  
2009-2010 Season

The following policies have been established in order to provide a safe and positive experience for Hammer athletes, coaches, and support staff.

Payment for Trips:

- It is our goal for every athlete, regardless of their individual or family financial situation, to have the opportunity to travel to tournaments.
- Families are expected to pay a designated amount of money for each out of town trip.
- Payment must be received in full **before** the trip occurs unless otherwise arranged with the Program Manager.
- Partial and full scholarships are available to those athletes/families that have a need.
- Participation in fundraisers on behalf of the Hammer team is strongly encouraged. The amount each athlete pays for each trip will be determined by the number of fundraisers he/she and family members participate in and their financial need.

Lodging:

- Players will be assigned roommates by Coach or Program Manager on each trip. All room changes must be approved by Coach or Team Manager before they occur.
- A designated team curfew time will be assigned by Coach or Team Manager.
- It is mandatory that all athletes be in their rooms at the assigned curfew and thereafter.
- A designated lights out time will be assigned by the Coach or Team Manager.
- Guests from other teams or newly acquired acquaintances will not be allowed in athlete's rooms without the consent of a coach or Team Manager.
- Members of the opposite sex are not allowed in an athletes room unless cleared by a Coach or Team Manager
- Team Manager or Coach will have extra room keys to each player's room during out of town trips. Random room checks will be made throughout the course of the trip by Coach or Team Manager.

Behavior:

- All athletes are expected to act appropriately, use good manners, and treat others with dignity and respect at all times on and off the court (ie. no name calling, hitting).
- Athletes are expected to comply with all team rules at all times
- Athletes will be given designated times to meet in the lobby to go to the gym, for meals, etc. All athletes must adhere to these times. Repeated lateness may result in an athlete's inability to travel with the team.

- Athletes must give their coaches and support staff their full attention during practices

Attendance:

- All athletes are expected to attend scheduled practices.
- Athletes may be **excused** from 3 practices during the course of a sport season.
- Only 1 excused absence is allowed during the course of a sport season.
- Excessive unexcused absences will result in reduced playing time, ineligibility to play in an upcoming tournament or suspension from the team. If an athlete is unable to attend practice, **he or she** must notify their coach at least 2 hours before practice time otherwise it will be considered an unexcused absence.

Promptness:

- All athletes are expected to arrive at practices on time unless otherwise cleared by Coach or Program Manager.
- All athletes are expected to be in their wheelchair and ready to go by the start of each practice.
- Repeated tardiness will result in reduced playing time, ineligibility to play in an upcoming tournament or suspension from the team.

Personal Care and Hygiene:

- Athletes must maintain a clean and neat appearance at all times. Athletes must come to practice showered and with clean clothes.
- Failure to comply with hygiene policies may result in player being sent home early. If a player is sent home it will count as an unexcused absence.

Community Service/Fundraising:

- Athletes must participate in one or more designated community service/presentation projects that relates to any team sponsoring entity.

#### Who We Are:

1. We are volunteers. None of the coaches are paid for their efforts. We feel success when our athletes succeed. To this end, we go through training in many areas to provide a safe, fun environment for our athletes to train.
2. We are parents. We understand much of what parents of special needs athletes endure, because we've done it ourselves!
3. We are coaches! We want to win!

#### What We Do:

1. We train athletes
2. We compete in sports... we don't just play.
3. We strive to this end, athletic success. This is measured in many ways, on and off the court.
4. We coach individuals of extremely varying abilities and we do this in the ways that we feel are best for both the individual athletes and the team as a whole.
5. We provide opportunity, not sympathy.

#### What We Do Not Do:

1. We do not provide babysitting or daycare.
2. We do not give medical treatments or advice. We are not doctors or physical therapists.
3. We do not clean up after you. We are not janitors.
4. We do not exclude athletes, we work with athletes to train to the best of our ability as coaches. We make game decisions based on what is best for the team. We are every bit as competitive as able-bodied sports coaches. When a competition is tough or games are close, we put our best athletes in the game. We try our very best to give everyone playing time, but not to the detriment of the team.

#### What we will do for you and your athlete:

1. We will motivate you to achieve the highest level of physical conditioning available. We will push you to go farther and faster than you may have ever thought possible.
2. We will teach you sports. We compete in Basketball, Soccer, and Rugby with teams from all over the nation. We also have travel opportunities, but with these come increased expenses, which means we also do much fundraising. This is team fundraising, not personal fundraising. We also strive to encourage and inspire other athletes through volunteer work.
3. We will discipline you as athletes. If your athlete has specific needs or concerns in this area, please feel free to work with the staff and coaches to best understand and compensate for these issues. We expect good behavior toward all coaches, staff, other adults, and of course your teammates. Mutual respect is key to this. If this does not happen, you will not play or continue practice and may be subject to other repercussions as decided by the Program Manager.

4. We will give our time, patience and understanding to ensure that you get the most out of your athletic experience. We will do our best to ensure that you do your best!

What we expect for our athletes and their families:

1. Sportsmanship! We expect you to train hard and behave like an athlete when at practice. Come with your game face on or don't come at all.
2. Show up on time, in appropriate attire and ready to work. If you do not give 100% you're cheating yourself, hurting the team, and wasting your time, as well as your families, teammates, and coaches time.
3. Care for equipment. We provide some equipment (hammer chairs/ game jerseys, balls), and it is expensive. Please treat it well. If you have your own equipment care for it yourself. We do not provide sports tape, water, or personal protective equipment (gloves/helmets). We encourage all athletes to have and use these necessary items.