

Student Athlete's Expectations:

1. The student athletes of the Haverford School squash team will be committed to the squash program on and off-season by:

- i. Following the set of rules and guidelines by the coaches and the school.
- ii. Participating enthusiastically.
- iii. Making appropriate personal sacrifices for the good of the team.
- iv. Recognizing that student participation in athletics is a privilege.
- v. Setting challenging and realistic goals.
- vi. Developing a winning attitude.
- vii. Maintaining high academic standards.
- viii. Being committed to skill development in squash.
- ix. Being punctual to practices and matches.
- x. Being present at the home games and supporting teammates if a student athlete is injured and cannot compete.
- xi. Being willing to practice with players seeded lower on the ladder without complaining and disrespect.

2. The student athletes of the Haverford School's squash team will communicate openly and honestly with respect for coaches, teammates, parents, referees, and opponents by:

- i. Developing a team attitude.
- ii. Being coachable and open to constructive feedback.
- iii. Sharing appropriate individual and team concerns with the coaching staff.

3. The student athletes of the Haverford School's squash team will demonstrate exceptional sportsmanship by:

- i. Behaving with integrity.
- ii. Exhibiting pride in their team and school.
- iii. Playing by the rules.
- iv. Accepting responsibility as a role model for others.
- v. Supporting weaker teams and squash programs in the area.
- vi. Playing with dignity and grace, regardless of winning or losing.

4. The student athletes of the Haverford School's squash team will develop and maintain mental and physical (health) behaviors by:

- i. Being alcohol and drug free.
- ii. Practicing self-discipline.
- iii. Demonstrating good personal health habits.
- iv. Dealing with challenges in a positive manner.

5. Student athletes are expected to provide the list of individual US Squash tournaments that they will be participating in during the school squash season. Tournaments can be added to the list but the coaches need to be informed in a timely manner.