

# VIRGINIA BASKETBALL ACADEMY



## Coaches Commitment Form

(Head and Assistant Coaches)

As a Coach of the JBL/VDBL I will:

- Support the mission and rules of the League.
- Lead by example as a teacher/mentor/coach
- Be the best basketball "teacher" I can be by actively seeking to improve my skills and abilities as a coach
- Fully understand and agree to contents of the Coaches' Handbook
- Communicate with School Pod Leader, GS/LO (game day) or League Director in appropriate circumstances if/when issues come forward with players, parents, gym space, etc.
- Actively seek to improve my skills and abilities as a teacher/coach
- Actively seek to build relationships with my players
- Be at every practice and game possible. If I am unable to attend I will make sure that my Assistant Coach has an organized plan for practice and/or game and I will appropriately make the School Pod Leader, GS/LO and League Director(s) aware of my absence (for practice or game).
- Be the lead contact for all my players and team parent(s).
- Be a positive role model for all players and parents of the JBL/VDBL on and off the court.
- Follow the JBL/VDBL Coaches Dress Code.
- Use positive reinforcement with my players and follow through on expectations that have been set for my team and by VABA (as outlined in the Coaches' Handbook).
- Follow through with Student-Athlete Commitment (SAC) Card and its protocol weekly.
- Be available as a support and a liaison with the high school coach (VDBL only).
- Honor the **EIGHT EXPECTATIONS OF COACHES** as stated in the Coaches' Handbook.
- Honor and follow all VABA expectations regarding game officials
  - Respect ALL officials and teach my players to respond without gesture or argument.
  - Respond to ALL officials WITHOUT gesture or argument.
- Follow the playing time expectations of the JBL/VDBL as stated in the Coaches' Handbook.

---

Coach's Signature

Date

**X**

---

Coach's Printed Name

