



SQUASH HAVEN RULES

- ✓ Attend all practices and call about any problems.
 - ✓ Prepare thoroughly for every practice.
- ✓ Be on time. Get ready and on court as soon as possible.
- ✓ NEVER hit squash balls outside of the court or before practice starts.
 - ✓ Always wear safety glasses over your eyes on court.
- ✓ Never sit down on the squash court or leave the squash court without permission.
 - ✓ Take the stairs.
- ✓ Never run in the building unless it is part of practice.
 - ✓ Use inside voices in the building.
- ✓ Drink only water and eat well. Don't bring outside food and drink.
- ✓ Treat your teammates, volunteers and staff as you would want to be treated.
- ✓ Greet every volunteer and staff member every day with a friendly hello and eye contact.
- ✓ Introduce yourself to every new friend and volunteer with a handshake and eye contact.
 - ✓ Say please and thank you regularly.
 - ✓ Never talk when someone else is talking.
- ✓ Never get up during snack or academics without permission.
 - ✓ No electronics (cell phones, MP3 players, etc...)
- ✓ You represent Squash Haven everywhere you go. Represent us well.
 - ✓ Bring enthusiasm to every Squash Haven practice and activity.
 - ✓ Always, always, always do your best.

Self-awareness **T**eamwork **R**espect **I**nitiative **V**alor **E**ffort without excuses