



Preparation > Effort > Behavior Expectations

At Squash Haven we expect you to be a leader every day. This means preparing thoroughly, listening closely, behaving appropriately, and trying your hardest in everything that we do. We are committed to helping you learn to improve those areas that need work and believe that daily feedback helps you set goals to make progress.

We track and rate your preparation, listening and behavior, and effort on a scale of 1-3 (1-5 for listening and behavior) every day. These scores are posted weekly and will be used to 1) give you feedback and 2) help us determine those students whom we feel have earned special awards and opportunities. Following are examples of how each category will be rated.

PREPARATION: You should come to Squash Haven every day prepared to play squash (sneakers, athletic clothes – no jeans, racquet and glasses), do quality schoolwork (planner and assignments), and return any necessary school information or permission slips.

- 1 = Forgot something major (racquets, planner, permission slip)
- 2 = Forgot something minor like glasses or a book necessary for school
- 3 = Totally prepared

LISTENING and BEHAVIOR: Our expectations for listening and behavior have been clearly communicated. You should be listening and making eye contact whenever anyone else is speaking, and you should be behaving appropriately in the building at all times.

- 1 = Breaks major rules or consistently breaks other rules by being disruptive during announcements or activities, running or screaming in the building or elsewhere, dangerous play on the squash courts, and serious disrespect or negative attitude
- 2 = Disrupts the team's practice through one or more of the above misbehaviors
- 3 = Minorly disrupts practice by transitioning slowly, not listening or making eye contact, distracting other students, or small misbehaviors
- 4 = Listens appropriately and behaves well. Doesn't break any rules.
- 5 = Sets the standard for the team as a positive Squash Haven leader and role model. Has a great attitude, is friendly and respectful to all staff and volunteers, listens well and makes eye contact, and shows respect and appreciation for Squash Haven rules.

EFFORT: Each practice you should come to Squash Haven ready to do your best. This means challenging yourself constantly and never giving up easily. Setting new goals and striving toward success is one of Squash Haven's most important values. We expect you to maintain a positive attitude even when things get difficult.

- 1= Not doing your best and giving up easily. Having a negative attitude and putting in minimal effort. Not pushing yourself on the court or in academics. Refusing to try new things.
- 2= Doing only what is required and not setting new goals. Not taking any initiative and working below potential.
- 3= Going above what is required and having a great attitude about trying new things in squash and in academics. Being a leader for other team members and maintaining a positive, encouraging attitude with yourself as well as teammates who might be struggling.