

TEAM INITIATION ACTIVITIES

ACCEPTABLE INITIATION ACTIVITIES FOR NEW TEAM MEMBERS

1. Attend a banquet, picnic, lunch table, or food event
2. Go on a trip, camp, ropes course, or preseason practice
3. Be a mentor, Little/Big Sister or Brother, or buddy
4. Tests for skill, endurance, or performance in a sport
5. Keeping a specific grade point average
6. Dressing up for team functions (besides uniforms)
7. Doing volunteer community service
8. Taking an oath or signing a contract of standards

QUESTIONABLE INITIATION ACTIVITIES FOR NEW TEAM MEMBERS

1. Yelling, cursing, or swearing at new team members
2. Wearing embarrassing clothing
3. Tattooing, piercing, head shaving, or branding
4. Participating in calisthenics not related to a sport
5. Associating with specific people, not others
6. Acting as personal servant to players off the field, court
7. Depriving oneself of food, sleep or hygiene
8. Consuming extremely spicy/disgusting concoctions
9. Consuming large amounts of Alcohol