



Nine Keys to Success

1- Work hard

There's no substitute for hard work. Even the most talented basketball players in the world can't succeed without it. For us to achieve our goals, we must work hard, harder than our opponents. There are no magic tricks, no short cuts. Hard work is number one on this list because it's the most essential ingredient for success.

2- Play smart

Try your best to understand and to execute what we want to do on the court both offensively and defensively. Reflect on your strengths and weaknesses and those of your teammates. Come to practice ready to listen, learn, and get better. Study your play-books.

3- Enjoy yourself

Have fun being on the team, on and off the court. Enjoy being around your teammates and pushing yourself physically and mentally. Find joy in competition and the motion and 'art' of basketball. Embrace the journey, through the ups and downs.

4- Put the team first

Teams with selfish players will struggle. Play together, push each other, and be selfless. If the team succeeds, be happy and proud. Play your role to the fullest. It takes everyone— not just the 5 players on the court at a given time— to be successful. "There's no 'I' in TEAM." We are a 'fist'! Off the court, support each other— this is what being on a team is all about. Lift each other up, have each other's backs!

5- Expect to win / have confidence / compete

Approach *every* game with confidence. It doesn't matter who we're playing. Upsets happen— that's why the NCAA tournament is called March 'Madness.' If we overlook teams, we're more likely to get upset. If we don't think we can beat certain teams, we probably won't. Be ready for every game. Compete at practices and open gyms too. That's how you improve!

6- Communicate!

On the court, talk to each other ("Help!" "Screen!" "Ball!" "Shot") and use non-verbal signals defensively and offensively. Off the court, be open to getting to know *all* of your teammates, and if issues arise, address them and move on, putting the team first. Keep in mind that everybody is different and nobody is perfect, so try to be respectful and understanding. Be aware of your body language— it speaks volumes! Finally, meet with coaches if you have questions or concerns and let coaches know in advance if you'll be missing practices/games.

7- Focus on what you *can* control

During the course of a game/season, things happen that you can't control. Don't let that impact you or the team. Learn what you can when something goes wrong, then put it behind you right away— it can't be changed. Focus on what you can control, like your work-ethic, attitude, and behavior. The rest will take care of itself.

8- Have a positive attitude

Every season is a roller coaster. Choose to have a positive attitude and to support each other along the way. This will help us have more ups than downs. A positive attitude is contagious— it spreads. The same is true of negativity.

9- Make smart choices off the court

Your conduct off the court is bigger than basketball. Follow the athletic code and study hard in school. Have integrity in everything you do. There are penalties for breaking rules that impede not only your own path in life but the team you are part of. Represent yourself, your family, our program, and our school with pride. Treat teammates, coaches, fans, opposing players, referees with respect.