

## **The DEFINITE DOZEN of Lady Indian Basketball**

### **To Stay Here:**

1. BE COMMITTED TO YOUR ACADEMICS: Go to class everyday and be on time. Do all the extra work possible. Plan ahead and talk to the teacher if you are having a problem.
2. BE COMMITTED TO HAVING CLASS: Treat teachers/administrators, trainers, support staff, and all you meet with respect. Treat other people the way you want to be treated. Saying please and thank-you, yes sir and yes ma'am will go a long way.
3. BE COMMITTED TO DOING THE RIGHT THING: We have plenty of school rules...know them. Realize if you just try to do the right thing you will be OK.
4. BE COMMITTED TO THE PROGRAM: We realize that our players are in a fish bowl at PHS. Every word and action will be watched. Our program's reputation provides many opportunities, yet brings many responsibilities. We must be committed to build on the tradition of our program and respect those that have gone before us and paid the price to build the program.

### **To Play Here:**

1. BE COMMITTED TO HARD WORK: Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else...and because of that we always deserve to win. There is a reason why we are the best...we work at it. KNOW WORK=KNOW SUCCESS!
2. BE COMMITTED TO BECOMING A SMART PLAYER: Our players must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions and play with poise. We prepare mentally for practice and games.
3. BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT: We must have players who believe our team concept. Our program is built on the concept that the team/program is bigger than any one player. We need unselfish players. WE > ME!
4. COMMIT YOURSELF TO A WINNING ATTITUDE: Our players must be committed to winning, but understand we don't measure success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our team is to play against the game, not just our opponent. We never quit.

### **To Be Successful Here:**

1. BELIEVE IN OUR SYSTEM: Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...then accept yours and do it the best you can.
2. BELIEVE IN YOURSELF: Play with confidence...think positive...realize you are a great player in a great program.
3. BELIEVE IN YOUR TEAMMATES: Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend and understand that we are all different-be tolerant of teammates and others.
4. BELIEVE IN YOUR COACHES: Know that your coaches are trying to make you better people and players. Ask questions...don't wine or complain. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for you and the team.