



## TEAM GUIDELINES

UNSELFISH IS ESSENTIAL – TEAM BEFORE SELF, WE WIN TOGETHER, WE LOSE TOGETHER; WE ARE ALL RESPONSIBLE

MAINTAIN YOUR INTENSITY – THE ONLY RELIABLE MOTIVATION COMES FROM WITHIN YOU – ESPECIALLY IN TOUGH SITUATIONS

MAINTAIN SELF-DISCIPLINED AGRESSION – CONTROL YOUR EMOTIONS WHILE PLAYING OR YOU WILL BE CONTROLLED BY OTHERS (BAD CALLS, CHEAP SHOTS)

TREAT OTHERS WITH RESPECT – TEAMMATES, COACHES, STAFF, OPPONENTS AND OFFICIALS

ACCEPT PERSONAL RESPONSIBILITY – BE PUNCTUAL. HAVE YOUR EQUIPMENT, MIND AND BODY READY.

AVOID MAKING EXCUSES – ADMIT MISTAKES, ERRORS AND LAPSES IN DISCIPLINE WITHOUT EXCUSES. LEARN FROM THE MISTAKES. WORK HARD TO MAKE YOUR WEAKNESSES INTO STRENGTHS.

EVERY PLAYER A LEADER IN HIS OWN WAY – LEAD BY EXAMPLE. DO WHAT YOU DO BEST

SET HARD BUT REALISTIC GOALS – COMMIT TO WHAT IT TAKES TO MAKE THE SMALL IMPROVEMENTS THAT LEAD TO BIG GAINS.

MAINTAIN A POSITIVE ATTITUDE – EXPECT A LOT OF YOURSELF BUT ACCEPT YOUR BEST. BRING YOUR SENSE OF HUMOR