

Rules of Conduct for Practice and the Locker Room

1. Be dressed, in the locker room ready for practice on time every day. (There is no substitute for enthusiasm.) Be in the team room taped and ready to go 5 minutes before practice.
2. Before the organized practice begins you should warm up, work on your weaknesses, and shoot shots that are applicable to your position. (You will be given certain times before practice begins)
3. Work hard to improve yourself without having to be forced. Be serious. Have fun without clowning around. You develop only by doing your best.
4. No cliques, no complaining, nor criticizing, no jealousy, no envy. Earn the respect of all.
5. Never leave the floor without permission.
6. When a coach blows the whistle, give him/her your undivided attention and respond immediately. (Eyes on the coach that is speaking.) When a whistle is blown in two short sequences everyone will break down in triple threat position and pivot towards the coach who blew the whistle... When a whistle is blown in three short sequences everyone will break down in rebounding position and pivot toward the coach who blew the whistle...
7. Take excellent care of the equipment.
8. Do things the way you are told. Correct habits are formed only through continued repetition of the perfect model. Work at game tempo. All-out effort during practice is expected and will make game habits automatic.
9. Be clever not fancy. Good clever play brings praise while fancy play brings ridicule and criticism.
10. When a group activity is stopped to correct one individual, pay close attention in order that you will not require the same correction. Accept all criticism in its proper vein. Profit from it; that is why it was given.
11. Condition comes from hard work during practice and proper mental and moral conduct.
12. Poise, confidence, and self-control come from being prepared.
13. Approach new techniques and situations with positive attitude. How questions are always welcomed.

Mission for week one (November 17th- November 23th)

- Hustle always- we have five days to prepare for our first scrimmage. We need to set the tone for the year on day one. Everyone gives 100% when they are on the gym floor.
- Teamwork- our offensive/defensive schemes are not difficult. Pay attention to the fundamentals of each and communicate with each other.
- Execution- we need to execute on both the offensive and defensive ends of the floor. **No one exempt from playing defense.** Our best offensive players are going to have to play better defense or your' playing time will not be what you think it should be.
- Attitude- Need to develop a "fire in the eye attitude." We need to get excited about playing basketball. No selfishness. I will guarantee "**We will out work other programs.**"
- Conditioning- we need to be in better shape than all of our opponents. We need to physically ware down our opponents. (Pressure defense and fast break offense)
- **REBOUNDING IS A MUST!**

We have an enormous amount of information that needs to be learned. Lack of effort or acceptance to the philosophy will not be tolerated.

Player _____

SLATER TEAM TOUCH 2014-15

In order to promote a sense of unity among our program and discourage cliques I am requesting that every time you see a teammate (for the first time that day) you touch each other, high five, some special handshake or physical sign. We are emphasizing this because we are a group of people who are willing to work hard for each other, make sacrifices for each other and we are pursuing the same goals. **We are all in this together...**

I am hoping that this exercise encourages players to continually make an effort to acknowledge and reach other to each other. It is also good for individuals who are in conflict with each other... player and player... coach and player... because this forces everyone to realize that despite the problems, we are still a program. (TOGETHER)

I will take the lead in this... also I will be holding everyone accountable for those who do not follow through with this exercise...

Doing what you're supposed to do...
When you are supposed to do it...
The way it supposed to be done...
Every single time...

You will get the truth, raw and uncut. I do not want you to be "average"... I want the players on this team to be good; and the team can be great.

The game is about competing. You will be taught how to compete. There are many ups and downs in the game of basketball. You need to compete during those ups and downs.

The game of basketball needs to become second nature. No thinking on the court.