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HANDBOOK

South

Coach Joel Hueser

Papillion-Lavista South High School

Property of:



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## Important Links

[plshs.paplv.org](http://plshs.paplv.org)

[SouthTitanBasketball.com](http://SouthTitanBasketball.com)

[like south titan basketball on facebook](#)

# Titan Creed

- *A Titan always strives to be a great teammate!*
- *A Titan always plays hard, smart and together.*
- *A Titan is not boastful in times of success and perseveres through times of hardship.*
- *A Titan is not easily angered or intimidated.*
- *A Titan is passionate and plays with enthusiasm!*
- *A Titan is courteous, unselfish, and not envious of others.*
- *A Titan never leaves anyone behind, thus, he is trustworthy and full of love.*
- *A Titan is disciplined and always performs the mundanities of excellence.*
- *A Titan is patient, because he knows he must endure trials and tribulations.*
- *Most of all, a Titan is a champion because he does all the little things required of a champion.*
- *This is our creed, and it is who we are.*

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Outside Cover Features Papillion-LaVista South's Returning Lettermen  
Inside Cover Features Brent Kirsch (Class of 2013)

Design by Jase Hueser & Lisa Hueser

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# Criteria for Evaluation

*With careful planning and organization, each player is given the opportunity in practice to earn various degrees of playing time at his respective level. The coaching staff in evaluating personnel uses the following questions:*

## **Physical Assessment**

1. *How well has he mastered the offensive skills of shooting, passing, and dribbling?*
2. *How strong is he, and does he like to rebound?*
3. *Does he look like he will grow, or has he reached his growth potential?*
4. *How quick are his feet, and can he run the court?*
5. *Does he like to play defense?*
6. *If he has any size, can he play post positions as well as forward?*
7. *If he has played forward, can he handle the ball well enough to play big guard?*
8. *If he is a guard, can he post up? Is this guard a leader?*
9. *Does the player have good court sense? Does he move without the ball and try to get his teammates open?*
10. *Does his presence and ability make the players around him better? Does he help create team continuity, or do they break down and have to wait for him to perform?*

## **Mental Assessment**

1. *What behavior does he display towards the school, teachers, administration, and other students?*
2. *What is his attendance record? Tardiness? Detentions? Can we count on him?*
3. *What kind of grades does he carry? Will he be eligible?*
4. *Can he be coached, or does he know it all?*
5. *What will his attitude be if he is not a starter? Top eight? Can he accept various key roles he may be placed in?*
6. *Is he a poor loser, or does he learn from each experience?*
7. *Is he a team player, or is he only concerned about himself?*
8. *Will he be a problem if he does not play all that much?*
9. *Does he react positively to criticism?*
10. *Does he have tremendous desire on and off the court to become the best he possibly can?*

## **Additional Questions**

1. *How many seniors, juniors, and sophomores are returning? How much experience do we have?*
2. *Have they played on the varsity, junior varsity, reserve, and/or freshman teams?*
3. *Does this player fit into our offensive and defensive philosophy?*
4. *Do we have an abundance or deficiency of players at certain positions?*
5. *Is there an underclassman equally as productive as he is?*

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## *3 Ways to Improve (ASK)*

*Athleticism*

*Skills*

*Knowledge*

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# Expectations

*There are some basic guidelines outside the athletic handbook we all need to follow to help maintain continuity and success in our program. The primary rule you must adhere to is not to do anything that is detrimental to the community, school, team, or yourself. We have a saying, "Class always shows!" You must conduct yourself with class at all times. If you do not, then the coaching staff will handle it however we deem necessary.*

## Academic Rules

*Academic rules are set up according to the NSAA and school policy. Please refer to the PLS athletic handbook. However, the following are all important guidelines to consider:*

1. *Maintain good rapport with all of your classroom teachers and building administrators.*
2. *Stay off the credits list.*
3. *Make an effort to sit towards the front of the classroom when possible.*
4. *No discipline referrals.*
5. *No tardy detentions or unexcused absences.*

## Appearance

1. *On game day, players are required to dress according to team policy on and off the court.*
2. *Though we do not dictate the brand of shoe you are to wear, we do encourage all shoes to be white, royal blue, gray-silver, and/or black.*
3. *Hat Policy: Hats are not to be worn when we are together as a team (i.e. team meals, traveling, pre-game, etc).*
4. *Player's hair should be off the neck, above the eyebrows, and above the earlobe. Hair color should remain natural. Please refrain from any unusual hair styles, excessive facial hair, and/or headwear too.*
5. *The NSAA outlaws any type of jewelry in basketball. No jewelry is allowed at practice and/or games.*

## Behavior

1. *Maintain your health. Get plenty of rest each night, eat a balanced diet, and keep your body properly hydrated.*
2. *Abstain from drugs, alcohol, tobacco, and gambling.*
3. *No cursing and/or foul language, period.*
4. *Complaining about the officials, coaching staff, and/or teammates will not be tolerated.*
5. *Be a great teammate! This team is not about you. Encourage and serve.*
6. *Be punctual. Vince Lombardi Time: Always 5 minutes early!*
7. *Be respectful of others. For example, head phones only on the bus or in the locker room, and cell phones should be used for parental contact only.*
8. *Thoroughly read and study your "Player's Handbook". There will be a \$10 replacement cost for any lost or stolen handbook.*

## Lettering System

1. *Perfect practice attendance. Absolutely no unexcused absences (refer to "Practice Time").*
2. *Team attitude. Subject to coaching staff's discretion.*
3. *Playing in at least 1/6 of the total varsity quarters.*

## Open Door Policy

1. *Players are welcome and encouraged to contact any of the coaching staff anytime should a problem arise.*
2. *Parents are asked to respect the coaching staff's family time and contact coaches at the school. Our time is limited with our families as it is.*
3. *Parent-coach-administrator conferences may be arranged by contacting your coach at the school.*

⇒ *Not to your coach when he tells you to do something.*

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## Practice Time

*Team play comes from integrating well-conditioned athletes who have mastered fundamentals into a smooth-working and cohesive unit. Practice time will be organized. Individual drills will last around five minutes. Team drills will last around ten minutes. They will be designed to simulate game situations; thus, athletes are expected to work at game pace. The following guidelines have been established concerning practice.*

### **Snow Days**

1. *Never assume we will not practice on a “snow day”. It will be a judgment call on behalf of the staff and administration.*
2. *It is your responsibility to contact your coach and find out when practice may be held.*
3. *Obviously, if road conditions prevent safe travel to and from school, such an absence will be “excused”.*

### **Excused Absences**

1. *Practice time is very important! We do not expect any of our athletes to miss practice unless it is due to a family emergency.*
2. *We understand this is a big commitment for the player and his family, but hopefully one that is well-worth it when it is all said and done.*
3. *However, if you do have to miss practice due to a school-related event and/or family emergency, you are required to notify your coach ahead of time. Failure to do so will result in make-up work and possible demotion.*
4. *If you are ill and stay home from school, please have someone email or text your coach.*
5. *If you become ill at school, leave word with your coach before leaving the building.*

### **Unexcused Absences**

1. *Being punctual is also very important. Each tardy earns the following “Titan Reminder(s)”: first offense – 1 in 1, second offense – 3 in 3, and third offense – 5 in 5. Four tardies is considered an unexcused absence!*
2. *One unexcused absence will result in make-up work (i.e. 20 in 20) and possible demotion.*
3. *Two unexcused absences will result in make-up work, definite demotion, and/or possible dismissal from the team.*
4. *Three unexcused absences will result in dismissal.*
5. *The coaching staff frowns upon additional club sports, skiing and other dangerous activities during the season.*

### **Practice Time**

1. *If the whistle blows and your coach holds a fist in the air, sprint and circle up around him. An open hand simply means to stop what you are doing and listen.*
2. *Players are required to run to and from every drill. Do not walk! Nor do we sit down. Remain standing and attentive throughout the entire practice time.*
3. *Players are required to check with a coach if you need to leave the gym or get a drink.*
4. *Practice time is all business. No horseplay! Practice is where we prepare to be at our best. One motto is, “Do the job in practice, have the job in games.”*
5. *Practice gear will be announced according to team policy. Shorts must not sag and will remain at waist level. Failure to comply will result in a “Titan Reminder(s)”.*

⇒ *“If you're not running, you're talking. If you're not talking, you're clapping!”*

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# Game Day

*"Most battles are won before they are fought."*

*~Sun Tzu*

## Routines

The following are all vital routines you need to establish and follow on game days:

- Pack all of your necessities – shoes, socks, uniform, etc.
- Proper food and hydration is key to ensuring your competitive edge.
- Guard your energy. Resting is less for your body and more for your mind.
- We never want to feel "rushed" before a game. Careful planning and punctuality is vital in preventing this from happening.
- Think about your role and the key variables of the game.
- Ask yourself these questions: "Why do you play this game?" And, "Who do you play this game for?"
- Put yourself in the game. Stay mentally engaged throughout the game.

## Focal Points

Narrow your thinking to four physical locations in every gymnasium:

- **Locker Room** – A place to collect yourself, make mental confidence adjustments, fuel, rest and prepare yourself for the game. No loud music (headphones only).
- **Court** – Look down at the familiarity of the floor, not up at the stands. You're there to compete, not mentally fool around. Concentrate on what you want to do. You know the court no matter where you are competing.
- **Bench** – Rest your mind on the bench, so you're ready for anything. The mind of a champion is about discipline, so discipline yourself to focus during certain times and relax during others.
- **Freethrow Line** – See one thing: the hoop. All freethrow lines are the same, so your mental routines all have to be the same for each freethrow.

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## Coach's Corner

⇒ Talking to teammates, helping each other verbally, is one of the most obvious differences between good players and mediocre ones. Just getting in the habit of calling out your man each time on defense and getting your teammates to do the same will end up saving baskets over the course of a game and season. Talking your teammates through screens, telling them when you are in good help-position ready to pick up their men, motioning for them to clear out or cut through the lane, alerting them to cutters or players trying to sneak behind your defense – all of these and many more situations happen often in games. If you are not now in the habit of constantly talking during the action of the game, you may be surprised at how often your mere words can help your teammates make a play.

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# Player Conferences

## Communication

Throughout the season, the head coach for your respective level will sit down with each individual player for a variety of reasons. Such communication is vital for the success of the team and individual.

## In-Season Conferences

The respective head coach and player will discuss the following key areas:

- Player's Role (Learn, Understand, Accept, Fulfill)
- Strengths of the Player
- Weaknesses of the Player
- Shot Selection/Discipline

## Post-Season Conferences

A formal post-season conference will be conducted with each underclassman during the spring. Each student-athlete will also fill out the evaluation.

| <b>Athletic Performance</b>    | <b>Game Performance</b> | <b>Character Performance</b> |
|--------------------------------|-------------------------|------------------------------|
| Strength                       | Shot Range              | Team Spirit                  |
| Speed                          | Ability to Score        | Industriousness              |
| Agility                        | Post Moves              | Leadership                   |
| Conditioning                   | Perimeter Moves         | Enthusiasm                   |
|                                | Dribble Drive           | Attitude                     |
| <b>Fundamental Performance</b> | Passing                 | Reliable                     |
| Shot Mechanics                 | Rebounding              | Coachable                    |
| Left-Hand Use                  | Hard-to-Guard           | Academics                    |
| Right-Hand Use                 | Productivity            |                              |
|                                | On Ball Defense         |                              |
|                                | Off Ball Defense        |                              |
|                                | Low Post Defense        |                              |

*Hold on to instruction; do not let it go, guard it well, for it is your life.*

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# Team Covenant

*A covenant is an agreement that binds people together. Usually specific promises are made and upheld. We must decide, very consciously, to uphold our covenant terms that represent the best of values. In order to do this we must create an atmosphere of total trust. That trust makes honest criticism a sign of confidence and caring.*

## **Constructive Covenant**

- *Positive peer pressure will help bring us closer together as a team.*
- *Creates an equal footing for us to accomplish our mission.*
- *Helps us to shoulder our own responsibilities as a teammate. Everyone must do his fair share.*
- *Prescribes terms for the help and support of others.*
- *Creates a foundation for team spirit.*

## **Destructive Covenant**

- *Putting "Me" before "Team".*
- *"Passing the buck" or using scapegoats.*
- *Giving up. Failing to learn and grow from adversity.*
- *"A house divided against itself cannot stand."*
- *Failure to trust and believe in teammates and coaching staff.*

## **Core Covenant**

*Coach Pat Riley said a team that has not committed itself to a positive covenant is always fragile at best. On the surface everything may look fine, as long as there is smooth sailing. But you are always just one ego, one disagreement, and one rough patch away from disintegration. Every team that wants to move toward significance and greatness has to decide what values are important and need to be upheld. Thus, strong covenants are forged from the "core", players with experience, who monitor the rest of the team and apply positive peer pressure. It takes time and maturity to build a positive core covenant, and often adversity can set the stage for an extraordinary covenant.*

## **Team Values**

### **Trust**

*Makes honest criticism a sign of confidence and caring.*

### **Faith**

*A belief and trust in our entire system and personnel.*

### **Team Spirit**

*Creates an eagerness to sacrifice personal glory for the welfare of the team.*

### **Competitive Greatness**

*A passion, unbridled enthusiasm for the game and our mission.*

### **Industrious**

*There is no substitute for hard work. John Wooden said it is the cornerstone of success.*

### **Academic Excellence**

*If you cannot work hard in the classroom as well as on the court, you are fooling yourself and this team.*

### **Discipline**

*Do what has to be done; when it has to be done; as well as it can be done; and do it that way all the time.*

### **Condition**

*Develop a solid balance spiritually, mentally, morally, and physically.*

### **Concentration**

*An intense focus during practice as well as games.*

### **Integrity**

*Being honest with yourself, teammates, and others.*

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# Team Discipline

*It has always been my thought that the most important single ingredient to success in athletics or life is discipline. I have many times felt that this word is the most ill defined in all our language. Coach Knight defines discipline as the following: "Do what has to be done; when it has to be done; as well as it can be done; do it that way all the time." The following is a ten-step plan designed to create a fair and objective team discipline amongst our team. If and when an athlete violates a team rule, school rule, and/or community law they will be placed on a various step according to the degree of infraction, according to the coaching staff's discretion.*

## **Minor Infractions**

*A possible 1-3 steps. Some examples include the following: foul language, tardiness, irresponsible behavior, classroom behavior, game technical, and/or other acts of "no class".*

## **Major Infractions**

*A possible 4-6 steps. Some examples include the following: unexcused absence from practice or a game, an alcohol or drug charge, fighting with a teammate or another student, failure in the classroom according to the NSAA eligibility requirements.*

## **Consequences**

### **Steps 1-3**

- *Various modes of running such as "suicides" and "halls" to name just a few.*

### **Steps 4-6**

- *Running, possible playing time suspension and possible demotion.*

### **Steps 7-9**

- *Running, definite game suspension, definite demotion, and possible dismissal from the team.*

### **Step 10**

- *Definite dismissal from the team!*

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## Our Stage

*When we go out on the court, that's our stage.*

*Out there we're supposed to perform as we practiced.*

*I don't want anybody making up new lines, putting on his own act!*

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# Seize the Season

## ***Make a Difference – Create Great Memories — By Bruce Brown***

*It is so easy to be average. Average teams do average things; they practice the same number of hours as everyone else. On any given day, a couple of players are late or missing, but they usually have a good reason. Average teams have selective participants who only come to practice so they don't have to sit out the next game. They are easily distracted during practice, listen when it is convenient and work only if pushed by the coach. Average teams have players who really don't "buy in" to something bigger than themselves. Average teams have players more concerned with their own stats, recognition and minutes than they are with protecting the team and strengthening the inner circle. Average teams have sub groups (cliques) within the team, not a strong inclusive "inner circle". The sub groups are based on age, social status, or ability. They have players who look at roles as "limiting" and are threatened when someone else competes for the same role. Average teams have players who support each other and the coach when they are winning, but when things are not going well, then these teams have players who get discouraged easily and often find someone else to blame. Average teams win some games, and they lose some games and when the season is over, they talk about "could have", "should have" or "what if". If you are okay with average, it is easy to obtain.*

## **Leadership**

*As the leader of a great team, do more than what is expected. Be willing to go the extra mile, in both work and in relationships. Be a "get it done" teammate, but don't stop there. Get it done and then some:*

1. *You must show up everyday.*
2. *You must commit to hard work.*
3. *You must start your own engine; bring your enthusiasm.*
4. *You must choose to practice with intensity and concentration.*
5. *You must believe that preparation is "the point" and the answer.*
6. *You must communicate, encourage, and inspire.*
7. *You have to believe that character is more important than talent.*
8. *You must value all roles and everyone's contribution.*
9. *You must commit to protecting the team.*
10. *You must buy into something bigger than yourself.*

*Will this be difficult? Possibly, and that is why so few teams ever get beyond average. Are you satisfied with an average experience this year, or do you want a little bit more?*

## **Seize the Season**

*To learn from the past is good, to live in the past is a waste. To plan for the future is good; to live in the future is a mistake. You will always be happiest and most successful when you live in the moment. Live in the present – Seize the season. Seize each moment, everyday from now until it is over. Lead with character, integrity, and your heart.*

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# Parental Support

*One of the toughest jobs as a parent is to sit back and watch your child participate in junior high and high school athletics. Our society continues to raise the bar and place unrealistic expectations on all of us involved. The objective of sports has been tarnished greatly. It seems to have taken on a "what's in it for me mentality". This saddens me and makes the task at hand all the more challenging. Coaching today is as difficult as parenting, but with your help it does not have to be that way. Our most successful teams have always had great parental support teams. Below are some helpful tips to make your child's experience a positive one for everybody.*

## **Encourage**

*Try not to shout advice to the players during the game. Your insightful tips may conflict with our instruction. However, when you shout out words of encouragement we all benefit.*

## **Referees**

*Please don't heckle the refs. Sometimes a particular call is hard to take for whatever reason. Believe me, I know! Such times are a test of emotional control. We expect our coaches, players and parents to conduct themselves in a worthy manner. Learning to cope with disappointment is a valuable life skill.*

## **Playing Time**

*This is one issue we will not discuss with parents. A player has every right to ask a coach what needs to be done to earn more playing time, but a parent interfering with such a matter is inappropriate. This includes emails, texts or calls made asking for it all to be kept private from the player. We go to great lengths to objectively assess each individual player everyday in practice. It is on the practice floor where playing time in games is earned.*

## **Support**

*Please don't talk poorly about a coach in front of your son. Hindsight is always twenty-twenty, and it is easy to question various coaching decisions after the fact. The best thing you can do for your son is to "bite your tongue" and stand behind the coach's leadership unconditionally.*

## **Communicate**

*We would like to know in advance about a missed practice or game. Please call and speak with the respective coach if your son is ill or has a conflict. It is also important to communicate anything else that might affect your son's performance (i.e. injury, illness, or death in the family). Use your discretion, but please try to keep such issues at a minimal on game days.*

## **The Role of Parents In Athletics**

*By Bruce Brown*

- *Attend as many games as possible.*
- *Do everything possible to make the athletic experience positive for your child and others.*
- *View the game with team goals in mind.*
- *Attempt to relieve competitive pressure, not increase it.*
- *Encourage multi-sport participation.*
- *Release your child to the coach and the team.*
- *Look upon opponents as friends involved with the same experience.*
- *Accept the judgment of the officials and coaches; remain in control.*
- *Accept the results of each game; do not make excuses.*
- *Demonstrate winning and losing with dignity.*
- *Dignify mistakes made by athletes who are giving their best effort and concentration.*
- *Encourage athletes to keep their perspective in both victory and defeat.*
- *Be a good listener.*
- *Accept the goals, roles and achievements of your child.*
- *Avoid PGA's (post-game assessments).*

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# Titan Timeline

Our best teams have always been the teams that train together year round. This timeline spells out for each player and his family the commitment it takes to be a part of South Titan Basketball. First and foremost we encourage multi-sport athletes! We realize this is not an easy task, but we will certainly do everything we can to accommodate this commitment. The multi-sport athlete's #1 job is to maintain a high level of communication with all of his coaches. If this is you, your primary focus will be your "in-season" sport. However, if you are not participating with another sport, be accountable to your teammates and coaches. Make the necessary arrangements to train the "Titan Way". Off-season athletes are never off! You need to be committed to our program. Outside trainers/programs/coaches/etc. should seldom, if ever, trump our own.

The following timeline is aligned with the NSAA calendar weeks. Go to our website for more specific dates and information. Please note these weeks and activities are tentative, but should serve as good indicators.

## July

- Strength & Conditioning | Weeks 1-4 | Mornings TBD
- AAU Travel Teams (if applicable) | Weeks 1-4

## August

- Fall Sport | Weeks 6-16 | ***Get out for a Titan fall sport!!!***

## September

- Morning Skills & Drills | Weeks 9-18
- Fall League | Weeks 11-16 | Returning JV/Varsity Only or Selected Invite

## October

- Morning Skills & Drills | Weeks 9-18
- Going Up! Conditioning | Weeks 13-18 | Tuesdays & Thursdays Afterschool

## November

- Organizational Meeting | Week 18 | Wednesday Afterschool
- Conditioning | Week 19 | TBD
- Team Try-outs | Week 20 | Monday & Tuesday

## December

- Practice & Game Attendance | Weeks 20-36
- 5-Day No Practice Moratorium | Weeks 25 & 26

## January

- Practice & Game Attendance | Weeks 20-36

## February

- Practice & Game Attendance | Weeks 20-36

## March

- Districts | Weeks 34 & 35
- State | Week 36 | ***Our plan is to be playing! But ALL players should attend and catch the vision!***
- Spring Sport | Week 35-47 | ***Get out for track or another Titan sport!!!***
- AAU Try-outs | Weeks 37 & 38 | If interested, please visit with Coach Hueser about credible options!
- End-of-the-Year Celebration | Week 38 or 39

## April

- Post-season Conference | Weeks 40-46 | ***Set-up with program level coach!***

## May

- Blue Sheet Due | Week 47

## June

- Skills & Drills | Weeks 48-52 | Mornings TBD
- South Titan Basketball Camp(s) | Weeks 49 & 51 | Mornings & Afternoons (player-coaches needed & encouraged)
- Strength & Conditioning | Weeks 48-52 | Mornings TBD
- Summer Leagues & Shoot-outs | Weeks 48-52 TBD

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## Program Pillar | Unity

*"If you want to go fast, go alone. If you want to go far, go together."*

*-African Proverb*

### Unity

The single, greatest joy in a team sport is losing yourself in the team. The late Jim Valvano, former North Carolina State coach said, "A person really doesn't become whole until he becomes a part of something that's bigger than himself."

One of my favorite must-read books, "The Boys in the Boat" by Daniel James Brown, tells the story of the University of Washington's 1936 eight-oar crew and their epic quest for an Olympic gold in Berlin. The emotional heart of the story lies with one rower, Joe Rantz, a boy of incredible courage. Joe had a hard childhood, and he often had to fight his battles alone. It wasn't until he 'lost himself in his team' did he and his teammates experience just how far they could go together:

*In the last desperate few hundred meters of the race, in the searing pain and bewildering noise of that final furious sprint, there had come a singular moment when Joe realized with startling clarity that there was nothing more he could do to win the race, beyond what he was already doing. Except for one thing. He could finally abandon all doubt, trust absolutely without reservation that he and the boy in front of him and the boys behind him would all do precisely what they needed to do at precisely the instant they needed to do it. He had known in that instant that there could be no hesitation, no shred of indecision. He had had no choice but to throw himself into each stroke as if he were throwing himself off of a cliff into a void, with unquestioned faith that the others would be there to save him.*

*I just love that! We can only achieve true greatness in concert with each other. Together. Everyone. Achieves. More.*

### Questions:

- Can you think of a situation where you accomplished more because you were working together with a friend or group?
- Why is it so difficult sometimes to "lose yourself in the team"?

### Rewrite/Memorize Pillar Quote:

⇒

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## Program Pillar | Passion

*“Nothing great was ever achieved without enthusiasm.”*

*-Ralph Waldo Emerson*

### **Passion**

I really love that quote by Emerson because it's so true! To truly appreciate what he is saying we need to read it in all of its context:

*Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your objective. Nothing great was ever achieved without enthusiasm!*

For most competitors, their passions are formed at an early age from the pure joy they experienced from playing the game. I agree. As the son of a college basketball coach, I was lucky enough to grow up around the game; but never did I feel forced to play. I just remember how exciting it was to be a part of my dad's love for the game

Eventually, passion is what provides the personal motivation and drive to stay the course when the going gets tough. And if you stay in the game long enough those times will arise; but a deep love for what you are doing, and your teammates will always prevail.

### **Questions:**

- Who is someone you admire because of their passion?
- Imagine two 60 story skyscrapers, thirty yards separate the two buildings. There's a wooden plank 24" wide that connects the buildings:
  - ⇒ Would you walk across the plank for a million dollars?
  - ⇒ Would you to save a family member's life?
  - ⇒ What's the difference?

### **Rewrite/Memorize Pillar Quote:**

⇒

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## Program Pillar | Humility

*"Humility is not thinking less of yourself,  
but thinking of yourself less."*

*-C.S. Lewis*

### **Humility**

Being humble means you know exactly what you have to offer. We will often remind our team after a game we're not as good as we think we are (usually after a win), nor are we as bad as we think (after a loss). We need to know who we are as a team and as individuals. Here within lies the challenge: How do we arrive at this sober judgement? Consider this by Tim Keller, "Humility is so shy. If you begin talking about it, it leaves. To even ask the question, 'Am I humble?' is to not be so."

Humility is such an elusive virtue. It's impossible to pursue it as you would resilience, courage or some other character trait. It's like chasing a butterfly. Chase it, and you'll never catch it. Sit still, and it may come to rest on your shoulder. With that said, how do we "sit still"? We turn all of our attention to others.

For example, Crazy Horse was among the greatest leaders and warriors in Native American history. He was entitled to wear all the headdresses and other symbols of successes, but he always chose to wear a single feather. He did not have to tell or show anyone how good he was, they already knew and he was admired and loved by his people. He knew who he was, what he stood for and what he had accomplished, and he didn't have to continually remind people.

Crazy Horse thought of others first and made it a point to pour into the lives of his people. He was the first to applaud his 'teammates'. We also want all of our players to celebrate in the successes of their teammates. We like to say, "Be the first to praise others and the last to brag or draw attention to yourself." This is not always easy to do in a society that glorifies self more than ever, but not impossible. Arrogance is not a Titan trademark, however, thinking of others is.

### **Questions:**

- Why is humility such an elusive virtue?
- Can you give an example of "false humility"?

### **Rewrite/Memorize Pillar Quote:**

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## Program Pillar | Servanthood

*"Everybody can be great. Because anybody can serve."*

*-Martin Luther King Jr.*

### **Servanthood**

As Dr. King said, everyone can be great. Everyone can be great because we can all serve. "You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve...You only need a heart full of grace," to serve.

Humility, our third pillar, and Servanthood are the "Stockton & Malone" of character traits. They are great teammates and work really well together. As we aforementioned, humility is thinking of others more than yourself. Therefore, serving others is a response to humility.

For example, a few years ago Luke Sellers got injured in football and was unable to play basketball his senior year. And yet, he still attended every practice and all of our games. Several practices he would sweep the floor without ever being asked to do so. Why is this small act so significant? Simple. It reflects a huge heart! He was putting his love for his team on display by his actions.

Luke was a great teammate! You might say he attached a higher price tag to his teammates than to himself. What a great example for all of us to follow.

Remember, ego serves itself, but humility serves others.

### **Questions:**

- What kind of price tag have you attached to your teammates?
- Name three ways you can serve your teammates in practice or games.

### **Rewrite/Memorize Pillar Quote:**

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## Program Pillar | Thankfulness

*“Gratitude begins where my sense of entitlement ends.”*

*-Steven Furtick*

### **Thankfulness**

Shaka Smart is the head basketball coach at the University of Texas and he says their number one core value is appreciation. He feels like appreciation is the foundation for anyone that is successful over a long period of time, on or off the court. The ability to recognize the good in someone or something is a high level character skill.

Tarheel legend, Coach Dean Smith, insisted his players point to the teammate who passed them the ball after they scored. We encourage the same of our players and these “small” gestures mean a lot to the culture of our program. With that said, let me “point” to my staff. I recognize I would be absolutely nothing without my staff who serves so unselfishly alongside me. A huge thanks to Jim Simpson, Joseph Cooley, Cole Wills, Monte Ritchie and Josias Hueser.

A majority of us have learned to be thankful for the obvious. Those aforementioned examples certainly demonstrate thankfulness, but let’s take this virtue to the highest level: How do you respond to adversity? True wisdom comes from being thankful for the hard things in life.

Even in really bad situations, there are great things that can come out of them. When you look at things from this perspective, an “attitude of gratitude”, you realize that anything that happens today is in your best interest. It’s an opportunity to learn and grow.

Life is a gift. We will rejoice and be glad in it.

### **Questions:**

- What does the word “entitlement” mean?
- How do we raise our levels of appreciation?

### **Rewrite/Memorize Pillar Quote:**

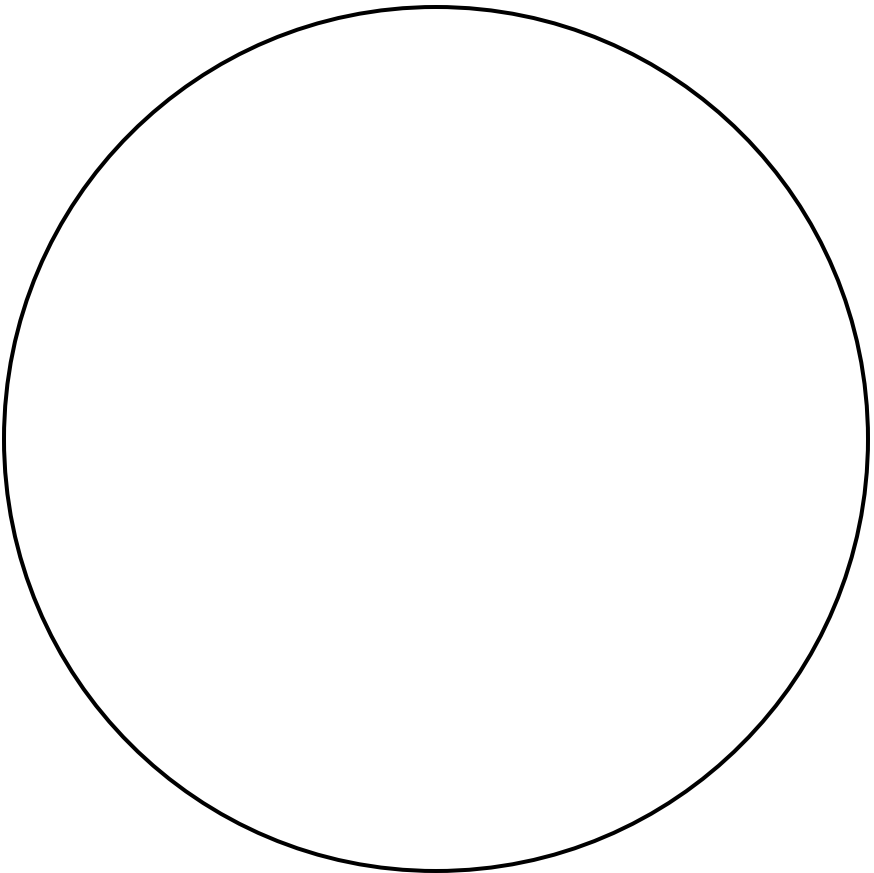
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## Inner Circle

### ***Person > Player***

- *If you had a career ending injury, who would still be there for you loving you and supporting you unconditionally?*
- *Your “Inner Circle” are the people who view you as a person first. They are the people that have your best interest at heart. If you can create a situation where the forces of your inner circle are stronger than the external forces, it can help you stay humble and hungry.*
- *Write down the names of these people inside the circle below:*



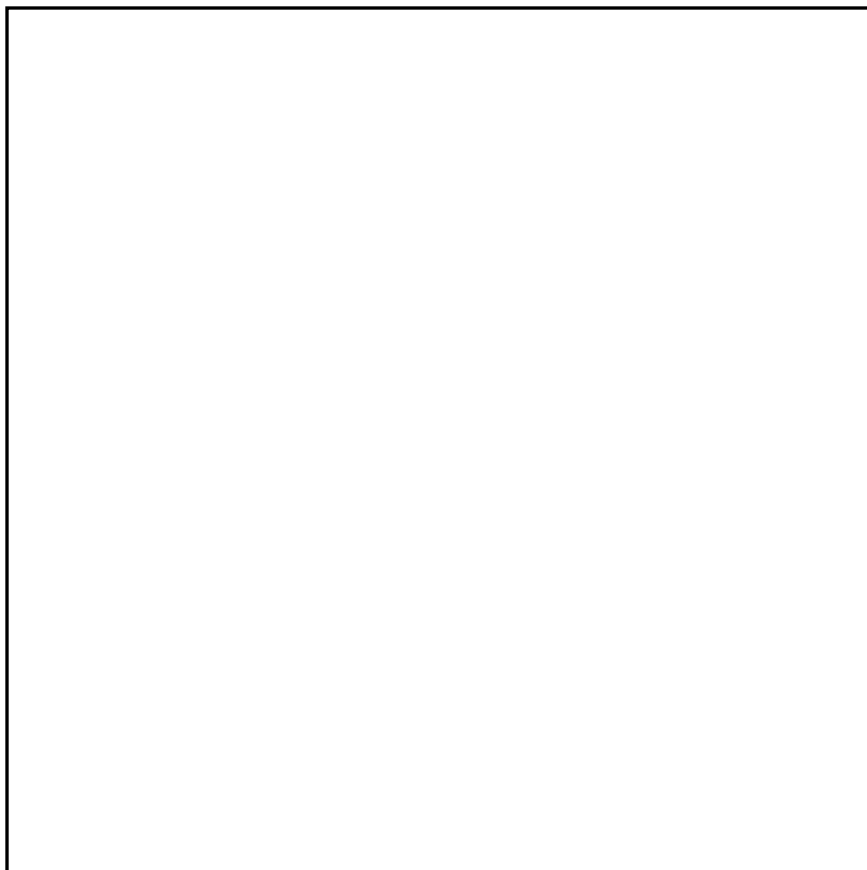
*\*Adopted from What Drives Winning*

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## Board of Directors

### **Board Members**

- *What's a board of directors? A collection of people that oversee the activities of a business and help provide different perspectives to help the business grow.*
- *In your case, a go-to list of people that can help guide you with what you are doing. They may or may not be a part of your inner circle. Please consider all areas of your life, not just basketball.*
- *Write down the names of your board of directors in the square below:*



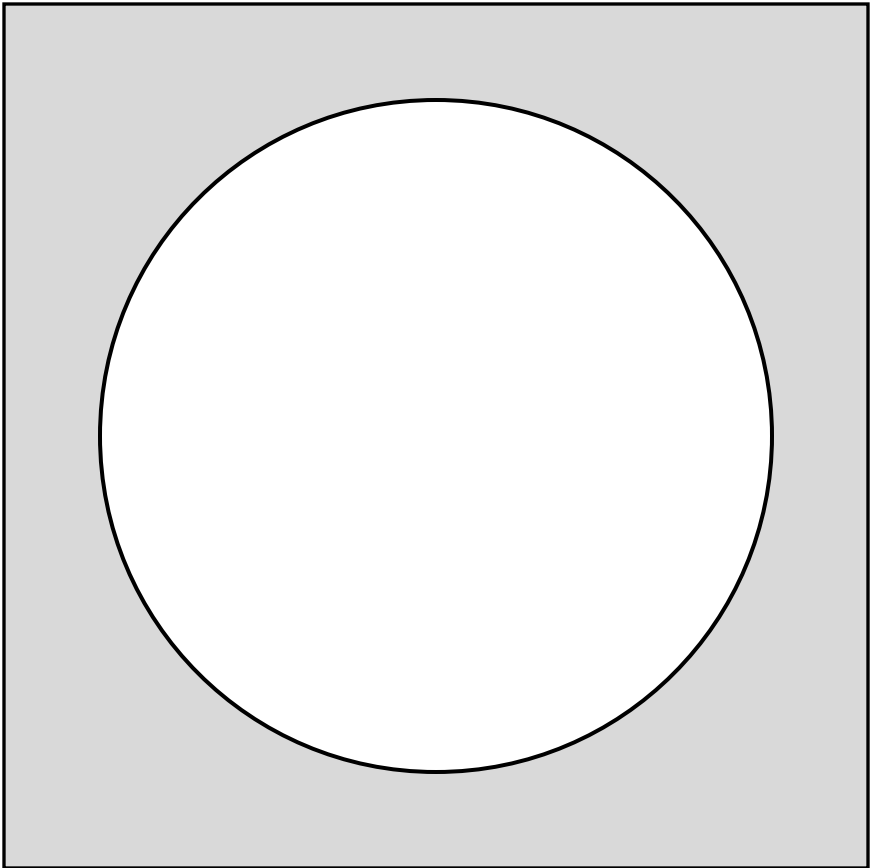
*\*Adopted from What Drives Winning*

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# Control the Controllables

## **ACE Factor & More**

- *One of the biggest concepts to understand and live by in order to reach your full potential as an athlete, and more importantly, as a person, is controlling the controllables.*
- *This means you need to focus on and take care of the things within your control and learn to ignore or work around the things outside of your control.*
- *First, take a moment to consider all of the uncontrollables and write them down in the outer gray square. Then, write down the controllables in the inner circle:*



*\*Adopted from What Drives Winning*

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## Character Skills

There are very few athletes who don't want to become a better person through their sport. Circle/check the top five performance skills and top five moral skills that you would like to be known for as a person. You can pick skills you are already good at, or skills that you need to work on.

### **Performance Skills—Govern relationship with self**

- ◇ *Hardworking: Paying the price with effort.*
- ◇ *Competitive: Striving to be your best.*
- ◇ *Positive: Good and useful thinking.*
- ◇ *Focused: Eliminating distractions.*
- ◇ *Accountable: Taking responsibility for your actions.*
- ◇ *Courageous: Operating outside your comfort zone.*
- ◇ *Resilient: Bouncing back from setbacks.*
- ◇ *Confident: Self-trusting.*
- ◇ *Enthusiastic: Expressing enjoyment.*
- ◇ *Disciplined: Self-regulating.*
- ◇ *Motivated: Having a strong purpose.*
- ◇ *Creative: Out-of-the-box thinking.*
- ◇ *Curious: Desiring to learn or understand.*

### **Moral Skills—Govern relationship with others**

- ◇ *Unselfish: Putting the team first.*
- ◇ *Honest: Telling the truth.*
- ◇ *Respectful: Showing consideration.*
- ◇ *Appreciative: Recognizing the good in someone or something.*
- ◇ *Humble: Distributing credit.*
- ◇ *Patient: Tolerating delay or struggle.*
- ◇ *Loyal: Showing allegiance.*
- ◇ *Trustworthy: Being reliable.*
- ◇ *Trustwilling: Relying on others.*
- ◇ *Encouraging: Giving confidence and support.*
- ◇ *Socially Aware: Understanding signals sent and received.*
- ◇ *Caring: Investing in the person.*
- ◇ *Empathetic: Sharing the feelings of others.*

### **Questions:**

- *How do we make this happen?*
- *How do we use the sport we love to become a better person?*

*\*Adopted from What Drives Winning*

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## End-of-the-Year Banquet Speech

*Fast forward to the end-of-the-year team celebration (banquet). Pretend that either your coach or a teammate is getting up to address the room full of people about you. Write out the speech that you would want your coaches or teammates to say about you. You must incorporate the ten skills that you circled in “Character Skills” into your speech.*

**My Speech:**

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## Thank You, Pressure

***When are you more likely to study for a test?***

- A) *The night before the test.*
- B) *A week before the test.*

***Questions:***

- *What if there wasn't a test? Would you study?*
- *What does this reveal about pressure?*

*Reflect and write a thank you not to pressure to see how it's helped you. Take your time when you do. It might unlock a new perspective.*

***Dear Pressure:***

*\*Adopted from What Drives Winning*

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## Game Dedication

*Use basketball to honor the people in your life that are important to you. You might want to find ways to “bring them” into the game. For example, send them a text sharing your dedication. Write their initials on your shoes. Go public (social media) with the dedication.*

**Today I'm playing for:**

*\*Adopted from What Drives Winning*

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## Dear Basketball

*Write a letter to Basketball as if it's a person. Describe the impact that it's had on your life—good or bad.*

**Dear Basketball:**

*\*Adopted from What Drives Winning*