

The Definite Dozen

To Participate:

1. **BE COMMITTED TO YOUR FAITH-** Use your athletic abilities to the glory of God. Display Christian sportsmanship at all times. Demonstrate Christian behavior at all times- before, during, and after games.
2. **BE COMMITTED TO YOUR ACADEMICS-** Get to school on time. Listen closely during class. Turn in homework on time. Study for tests. Ask questions.
3. **BE COMMITTED TO HAVING CLASS-** Treat teachers, coaches, parents, younger children, opponents with respect. Treat other people the way you want to be treated. Moody people are rude. Everyone picks up trash, everyone looks to help others, and everyone is courteous. Say please, thank you, yes sir, and yes ma'am. Always remember to smile.
4. **BE COMMITTED TO DOING THE RIGHT THING-** We have plenty of school and classroom rules....know them. Realize if you just try to do the right thing you will be OK. Try to do the next right thing right and you are as close to perfect as any person can be.

To Play:

1. **BE COMMITTED TO WORK HARD-** 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 deserve to have a chance to win. There is a reason we are the best that we can be...we work at it. The best player must be the hardest worker. Be our hardest worker.
2. **BE COMMITTED TO BECOMING A SMART PLAYER-** We all must be ready to learn. We all must be good listeners and learn by watching.
3. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT-** We must all believe in our team concept. Put others before yourself. Look to make those around you better. Be unselfish.
4. **COMMIT YOURSELF TO A WINNING ATTITUDE-** Be positive. Each time we play we evaluate ourselves on reaching our potential. Success is having the peace of mind that you did your best.

To Succeed:

1. **BELIEVE IN OUR SYSTEM OF PLAY-** Commit yourself to our philosophy, to our system of play. Pay attention to details. Be a sponge and soak up all what is being taught in practice.
2. **BELIEVE IN YOURSELF-** Play with confidence...think positive. Don't get down when you make a mistake. Be a leader. Lead by example.
3. **BELIEVE IN YOUR TEAMMATES-** Talk to each other. Help each other. Encourage and support each other. Be a friend.
4. **BELIEVE IN YOUR COACH-** Understand that your coach is trying to help you become a better person and athlete. Ask questions. Don't whine, complain, or make excuses. Listen and learn. You must believe that your coach is always trying to make you better.