



PHILOSOPHY AND APPROACH

I. GENERAL - We act and play to a high "Standard" at all times.

- The Team comes 1st - in all decisions and in everything we do.
- Have Fun!! We work hard, but we have fun in the process.
- Respect - for each other, Managers the Coaches, other teams, and Officials;
- Compete!!! We compete HARD against each other and we don't take it personally.
- We always give our best effort because that is what is best for the TEAM!
- Leadership is plural - we all own it!
- We are all balancing other interests and activities; but when we step on the court our focus is to W.I.N.:
- We communicate with "Please" and Thank You" and by using 1st names. When we talk, we look each other in the eye.
- Ours is an environment of working as hard as you can for the good of the group.
- There is a purpose in everything we teach and a right reaction to everything.

II. BASKETBALL - STYLE OF PLAY; HOW WE TEACH AND OUR PHILOSOPHY

- "W.I.N." - What's Important Now;
- "A.C.E" - Attitude, Concentration and Effort on the CURRENT PLAY are all we can control as players.
- Basketball is a game of anticipation, footwork, angles, effort, teamwork, mistakes, passion and mental strength;
- Players will make mistakes and miss shots. It's part of the game. Next Best Action; recover and move on;
- We are positive at all times; "we mean no offense, we take no offense" when we are competing hard.
- We are friends off the court; we compete hard on the court.
- 5 Players x 32 minutes = 160 minutes. Every minute counts and every player matters!!
- We are RELENTLESS at the focus, the steps, the process and the effort of REBOUNDING
- We stress Defense, up-tempo play, fundamentals and rebounding.
- We strive to be the toughest team on our schedule. We are relentless in our effort.
- Ball side defense makes us tough; help side defense makes us successful;
- "Defense leads to offense and no one runs like the Cougars!
- The Team comes 1st; - when we are together we combine Mental Toughness with our best effort and attitude
- We operate with a mindset of: "I am better today than I was yesterday, but not as good as I will be tomorrow"
- Play Hard, Play Smart, Have Fun!

"Cougar Pride!!!!"