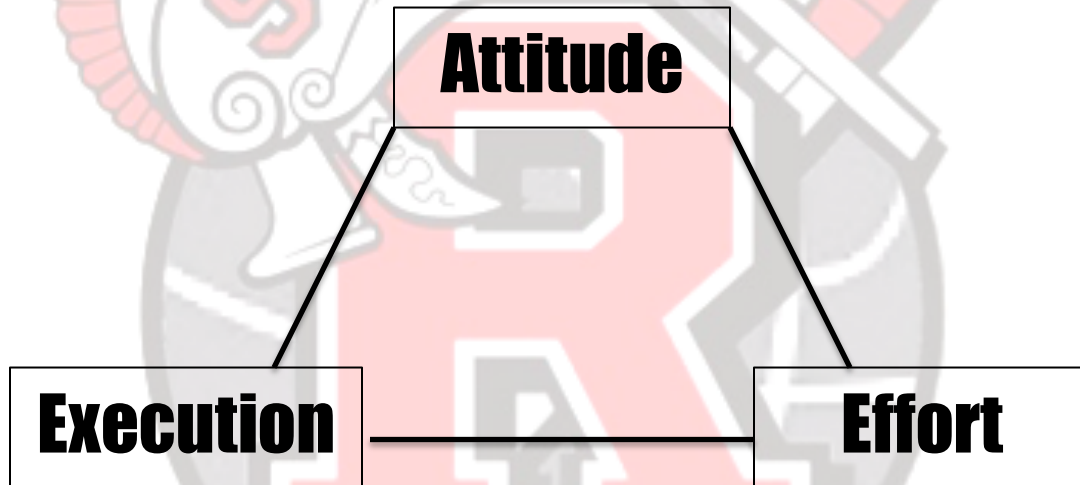


# ROCORI BOY'S BASKETBALL

## *SUCCESS COVENANT*

**DEFINING SUCCESS: CONTROLLING THE THINGS THAT CAN BE CONTROLLED TO THE BEST OF OUR ABILITY.**



**THERE ARE THREE THINGS THAT ARE COMPLETELY UNDER YOUR CONTROL IN ALL PARTS OF YOUR LIFE...**

**ATTITUDE: HOW DO YOU THINK ABOUT YOUR LIFE AND ALL THE PARTS OF IT? THIS IS DIFFERENT THAN FEELINGS. YOU CAN HAVE EVERY EMOTION POSSIBLE BUT STILL HAVE A GOOD ATTITUDE.**

**EFFORT: HOW HARD ARE YOU WORKING TOWARD WHAT YOU WANT? ACTIONS SPEAK LOUDER THAN WORDS.**

**EXECUTION: YOU MAY BE WORKING HARD BUT ARE YOU WORKING SMART. ARE YOU DOING THE PROPER PLANNING AND GIVING THE FOCUS NEEDED TO ACHIEVE YOUR GOALS?**

# **ROCORI BOY'S BASKETBALL**

## ***SUCCESS COVENANT***

**SUCCESS ON THE COURT AND BEFORE A GAME:**

### **ATTITUDE:**

- **TREAT YOUR TEAMMATES LIKE FAMILY**
  - **CHEER FOR TEAMMATES WHEN ON THE BENCH**
  - **PICK UP TEAMMATES WHO HIT THE FLOOR**
  - **TALK TO, DON'T YELL AT TEAMMATES**
  - **GUYS AT END OF BENCH GET WATER DURING TIMEOUTS.**
- **RESPECT EVERY OPPONENT BUT FEAR NONE**

### **EFFORT:**

- **WARM UP HARD ENOUGH TO BREAK A SWEAT AND TAKE IT SERIOUSLY.**
- **HIT THE FLOOR! EVERY LOOSE BALL SHOULD BE OURS.**
- **WE SHOULD OUT WORK EVERY TEAM THAT WE PLAY.**

### **EXECUTION:**

- **MENTALLY PREPARE FOR GAMES**
  - **QUIET BUS ON WAY TO THE GAME.**
  - **NO CELL PHONE USE ON BUS OR IN LOCKER ROOM BEFORE GAMES. (LISTENING TO MUSIC IS THE EXCEPTION)**
- **LOOK LIKE A TEAM**
  - **TIES, DRESS SHIRTS, AND DRESS PANTS/KHAKIS ON GAME DAYS. (DRESS FOR SUCCESS)**
  - **TUCK IN YOUR JERSEY**
  - **WE SHOULD ALL HAVE THE SAME COLORED UNDERSHIRT**
  - **DURING NATIONAL ANTHEM LINE UP IN FRONT OF BENCH SINGLE FILE.**
- **DO NOT FOCUS ON THE REFS. LET COACH TALK WITH THE REFS.**

# ROCORI BOY'S BASKETBALL

## *SUCCESS COVENANT*

SUCCESS OFF THE COURT AND IN THE CLASSROOM:

### ATTITUDE:

- BE A MAN OF INTEGRITY (WHAT ARE YOU DOING WHEN NO ONE IS WATCHING?)
- TREAT YOUR TEAMMATES LIKE FAMILY. TAKE CARE OF EACH OTHER.
- TREAT AND TALK TO ALL YOUR TEACHERS HOW YOU WOULD TREAT AND TALK TO YOUR COACH.

### EFFORT:

- TAKE CARE OF YOUR BODY
  - STRETCH AFTER WORKOUTS
  - GET 8-9 HOURS OF SLEEP EACH NIGHT
  - EAT RIGHT
  - NO TOBACCO, DRUG, OR ALCOHOL USE
- BE IN CLASS ON TIME
- DO YOUR BEST IN ALL ASPECTS OF LIFE. ANYTHING ELSE IS A WASTE OF TIME.

### EXECUTION:

- MAKE SURE ALL YOUR PHYSICALS AND PAPERWORK ARE TAKEN CARE OF.
- MAINTAIN A C- OR ABOVE GRADE POINT AVERAGE.
- PASS ALL OF YOUR CLASSES AND BE ON TRACK TO GRADUATE.
- BE SMART WITH WHAT YOU PUT ON SOCIAL MEDIA...

# **ROCORI BOY'S BASKETBALL**

## ***SUCCESS COVENANT***

### **SUCCESS AT PRACTICE:**

#### **ATTITUDE:**

- **BE WILLING TO TRY NEW THINGS**
  - **NEVER BE AFRAID TO MAKE MISTAKES, THAT IS WHAT PRACTICE IS FOR.**

#### **EFFORT:**

- **BE AT ALL PRACTICES.**
- **PRACTICE STARTS AT 3:30 BE IN THE GYM AT 3:25 FOR WARMUPS**
- **WORK HARD ENOUGH TO MAKE MISTAKES. THAT IS HOW WE GET BETTER.**
- **COMPETE WITH EACH OTHER!!!**
  - **SECOND UNIT GUYS SHOULD MAKE THE STARTERS WORK HARD. THIS IS HOW WE GET BETTER AS A TEAM.**
- **RUN, DON'T WALK TO PLACES.**

#### **EXECUTION:**

- **BE A STUDENT OF THE GAME.**
  - **WHEN COACH IS TALKING YOU ARE NOT**
  - **WHEN COACH IS TEACHING EYES SHOULD BE ON COACH.**
  - **ASK QUESTIONS IF YOU DO NOT UNDERSTAND.**
- **WHEN WHISTLE BLOWS THE BALLS STOP BOUNCING**
- **COMMUNICATE WITH YOUR COACH WHEN YOU NEED TO MISS PRACTICE.**