

PHILOSOPHY OF BASKETBALL

We view basketball as a means to make effective citizens out of those who participate in it. To be an effective citizen, an individual must be strong in both the mental and physical realms. Those who participate in our basketball program will be able to make major contributions to society because of the invaluable training they will receive on the basketball court. Every contest represents a challenge and the struggles that are similar to those confronted in everyday life. The goal is always winning, and it must be believed that it is always possible. The three major cornerstones of our philosophy are discipline, defense, and hustle.

Discipline is one quality that every champion possesses, and the reason that champions are so rare is because most individuals cannot subject themselves to vigorous discipline. Actually there are two types of discipline. There is discipline from without, and there is discipline from within or self-discipline. In order to play basketball you must train yourself so that you are able to accept discipline from the coaching staff. You must realize that there will be times when it will seem you are right but when you will be criticized for being wrong. The average person would verbally defend himself in this instance, but the true champion is strong enough to take the criticism willingly and continue to play ball. It requires a certain amount of self-discipline to react to the above situation in the manner described. However the true test for self-discipline is whether or not you push yourself to absolute capacity when you are alone. To possess these qualities an individual must put forth a great deal of thought and energy. Merely talking about it will not get the job done.

Another part of our philosophy of basketball is defense. Defense is the name of the game. The reason for this is obvious. Defense is nothing but hard work and most people are allergic to hard work. A great defensive player is usually not as publicized as a great offensive player is, but his consolation is much more rewarding. He has self-respect and the admiration of all his teammates and opponents. To play great defense you must be tough, aggressive, and very unselfish. One common misconception is that playing tough defense will detract from your offensive game. The skills a player uses when playing tough defense will help him become a better offensive player. It is not possible to play for us if you are only half a player. Before concluding the comments on this subject, it might help if you think of defense as being an attitude more than anything else. Defense is a mean, tough, stubborn attitude.

Hustle, a quality of all great athletes, is a term that can be used to describe our ideal player. Players are not asked for 100% hustle, but they are, instead asked for 110%. It is firmly believed that all players can put forth more effort than what they consider to be their maximum. The ability to push yourself to the limit for 32 minutes is difficult. Many players give that extra effort three or four times during a contest, but here you are asked to play at this level for the entire game.

The above philosophy is basically simple, but very few individuals are dedicated enough to subscribe to it. Those who are able to incorporate this philosophy will be true champions because of the great sense of pride they will develop. Pride is an intangible quality that will not only make you a great player, but it will also make you a great individual. Remember the

following words in any endeavor you under-take: "**YOU ONLY GET WHAT YOU PAY FOR!**" If you are willing to pay the price, the rewards will be greater than you ever imagined.