Oskaloosa Indian



Football

“Create”

General Information

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i. The Dangers of the sport

Something critical to keep in mind is that participation in athletics, P.E., and all physical activities requires an acceptance of risk of injury. Not only by the student, but by his or her parents (or guardians). Football is no exception. It should always be remembered that serious accidents have and can occur, just as has death.

The prevention of injury is of utmost importance and we have seen, and will continue to see, rule changes that have, and will continue to reduce injuries. Eliminating the improper use of the head and helmet have reduced injuries tremendously but, rule changes alone are not enough.

Student athletes are specifically instructed by the coaching staff in legal and safe techniques. The player has a responsibility to always use these legal and safe methods. This safe instruction of techniques along with improved methods of strength training, conditioning, and flexibility add to the safety of competition.

The players, parents, and coaches have to do everything possible to encourage off-season training, proper rest and diet, utilization of safe and legal playing techniques, and proper conditioning. YOU MUST TAKE RESPONSIBILITY FOR YOUR OWN SAFETY. CHECK YOUR EQUIPMENT BEFORE EACH PRACTICE AND USE SAFE TECHNIQUES AT ALL TIMES. DON’T PARTICIPATE IF YOUR EQUIPMENT NEEDS REPAIR OR ADJUSTMENT. REPORT ANY EQUIPMENT OR PHYSICAL PROBLEMS IMMEDIATELY!!

Dangers are present in all sports and physical activities. Accident can happen at school, at home, or anywhere in-between.

Remember, the benefits of physical activities are great, but there are risks.

Coach Jenkins

II. Playbook Introduction

The coaches on the staff have all contributed a great deal of time and effort to prepare a playbook that will ensure our success. It is very important for you to do your part…. STUDY!!!

We have discussed many of the team’s goals and you have decided what you want to accomplish. Remember the bottom line --- you need to become the best you are capable of being.

Your efforts during the offseason have been preparing you physically. This playbook will give you an advantage mentally. In order for us to fulfill our potential as a team, you must know and execute your assignments.

This is your playbook and it is your responsibility to take care of it. This is also your team; our success depends upon how well you and your teammates work, think, and pull together.

“Every Man An Indian on Every Play”

III. Indian Football

Oskaloosa has become a town that is rooted with a football tradition. This tradition didn’t just happen overnight, it was built by many dedicated community members, parents, administrators, teachers, coaches, and players. Remember, it takes a lot of effort by many people to be successful. Remember, also, that effort must first begin with YOU. YOU are the ones who practice, sweat, and play on Friday nights.

In individual districts several team goals surface: 1) having a winning record, 2) winning the district, and 3) reaching the playoffs. There are also many things that we need to do to accomplish those goals: 1) NEVER QUIT, 2) Reach your potential, 3) Maintain high intensity at all times, 4) Have a good attitude, 5) Stick together, 6) Know what to do and execute properly, 7) Play well together as a TEAM 8) Help other players, 9) Be a good example, 10) Listen and hear.

For us to continue the “Indian Pride” tradition we must look hard at the last 10 things listed. It would be worth it for you to read through the list again and again throughout the course of the season.

We must decide that we really do want to be champions and then go for it. Work hard, individually and as a team, listen to your coaches, help your teammates, and NEVER, NEVER QUIT.

“True Champions are Champions Win, Lose, or Draw”

It will be the goal of the coaching staff to play as many people as possible. There are 22 positions on the offense, defense, and many specialty positions to fill. One of the things that makes football a true teams sport is that it takes a lot of players, working together, to be successful. These players come in all sizes, shapes, and ability levels.

“WE WILL PLAY NO FAVORITES” The athlete who proves himself to be the best at his position will play. I cannot honestly say that everyone starts equally; however, those players that have been running, lifting, and working on technique have earned an advantage.

Our OVERALL football philosophy can be very simply put: Work hard together to be the best we can possibly be” This will ensure the bottom line… we will be “Champions”.

IV. Oskaloosa Football

Team Pledge

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ accept the responsibilities of my membership of the Oskaloosa Indian Football Team. I further pledge to make a serious commitment toward fulfillment of all team guidelines. I understand that as a member of this team I assume many responsibilities including:

1. Staying academically eligible to participate, and if ineligible seeking help and improving my effort.
2. Following the code of conduct and other guidelines established by Oskaloosa High School and the Iowa High School Athletic Association.
3. Assuming a leadership role on my team by participating in team activities, following team guidelines and by both trying to help those teammates that need it and allowing others to help me.
4. Upholding the highest level of good sportsmanship.

I accept full responsibilities for my actions and know that by acting inappropriately I am subject to more strict, and additional, penalties from my team. I also know that my actions speak for myself every minute of every single day, throughout the course of the year.

I realize that I can do more than anyone to help my teammates and team. I will help my teammates work to establish and attain a high standard of personal behavior and team sportsmanship.

For Parents: I (We) have read this with my (our) son and support these standards. I (We) will do my (our) best to help him fulfill his responsibilities as an adult and member of his team.

Player Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: Player and Parent(s) must sign before turning in.

V. General Information

1. Physical Examinations

The state Athletic Association rules require all athletes to have a physical exam before starting athletic practice each year. This exam may be completed anytime preceding the sports in which you are involved. Please secure the examination blank from the athletic office and have your physician use the form. Physical forms are also available in each doctor’s office.

1. Insurance

The Oskaloosa High School policy requires all athletes to be covered by insurance (Health & Accident). Insurance forms must be turned into the athletic office by the first practice.

1. Injury Reports

Athletes have the responsibility of follow-up to initiate the insurance claim, if injury resulted in ambulance service, doctor’s care, or hospital expenses. Remember insurance companies have no way of knowing about an injury unless you inform them through a claim sheet. (If you are injured, report it to a coach or trainer immediately!!!)

1. Procedure when leaving a squad (Please Read Carefully)

When dropping or being dropped from a squad, athletes should:

1. See the head coach personally before you drop or immediately after.
2. Turn in ALL of your school gear the same day. (Fines can be severe).
3. Athletic Equipment
4. Practice and game equipment will be issued to athletes. Athletes are responsible for this equipment.
5. All equipment will be returned when the athlete finishes the sport, either at the end of the season or on quitting the sport. This is to be done immediately!!!
6. Any equipment will be paid for by the athlete if it is lost (this includes theft), or destroyed through negligence. Cost of the equipment will be determined by the Athletic Director and will be based on replacement cost of equipment. New equipment will be issued only upon receipt of payment of the lost article.
7. School owned equipment is to be worn ONLY at scheduled practice or games, unless agreed upon by the coach.
8. Athletes found wearing school-owned equipment in public, other than practices or games, will subject themselves to disciplinary action.
9. Attendance in School
10. Athletes will be allowed to practice or to participate in contests on any given day only if they are AT SCHOOL THE ENTIRE DAY. Exceptions may be made through the Athletic Directors Office by making arrangements in advance. Plan to attend school ALL DAY and to be ON TIME to every class. Education is the highest priority in school and the key to your success.

2) Athletes administratively suspended from school are not allowed to compete extracurricular activities during the suspension.

1. Returning from Out-Of-Town Contests
2. Athletes will return from all out-of-town contests with their squads and by school transportation. EXCEPTIONS can be made by sending a written note to the Athletic Director requesting approval of the exception at least 24 hours in advance of the trip. Please do not make requests to simply ride home with parents or friends, rather than on the school bus or van.
3. Eligibility Requirements

As a representative of Oskaloosa High School in athletics and activities, you must make some very important decisions concerning your behavior and the importance of academics. If you become ineligible under the school board policy, you are hurting not only yourself, but members of your team. As a participant in extracurricular activities, you are a role model in our community. Your behavior and conduct must exemplify this. Extracurricular activities are a PRIVILEGE, NOT a right. Therefore, as a representative of the school, you are expected to adhere to all school policies and training rules as they relate to academics, tobacco, alcohol, and other drugs. You are also expected to adhere to all state and city laws as a representative of OHS.

1. Academic Eligibility for Interscholastic Competition and Other Extracurricular Activities

An extracurricular activity is a school-sponsored activity for which no credit is received. A co curricular activity is one which occurs beyond the school day but is an extension of a credited course. Students who participate in extracurricular activities and co curricular activities which have extracurricular events are affected by this policy. Students may be declared ineligible for extracurricular events occurring outside of the class period if the ineligibility is the result of violation of the Code Of Conduct. If the extracurricular event or a co curricular activity is graded, students shall not be penalized by grade reduction when he/she is ineligible to participate. Students who are in activities which hare entirely extracurricular will be ineligible if there are violation of either academic or Code Of Conduct.

1. Academic Eligibility and Code of Conduct Rules

Code of Conduct Summary:

First Violation: 25% of Contests

Second Violation: Double the first offense (50% of contests)

Third Violation: 1-year suspension

Fourth violation: Permanent suspension

Honesty provision: First violation reduction of 50%

1. Un authorized Possession of School-Owned Equipment

No Oskaloosa High School athlete shall have in his/her possession any school-owned equipment from this district, or any other district, athletic department or otherwise, other than that which is to be worn for practices or games/meets. At no time is school equipment to be worn in public, except for practice and games/meets unless approved by the coach or activities director. Indefinite suspension is the penalty until returned in reasonable condition; or reimbursement, at replacement price, if equipment is in unsatisfactory condition.

VI. Training and General Rules

The boys’ state association and the school system have guidelines set up covering almost every possible condition. All of these guidelines will help us become champions.

You must take responsibility for your own actions, not after the fact, but before!! We all know too many athletes who have had to pay a very high price. Almost all regret it VERY MUCH, just ask one.

The training rules are as follows:

1. Stay academically eligible.
2. Don’t use alcohol, other drugs, or tobacco.
3. Get your rest. Wednesday and Thursday nights are especially important to a Friday night performance. You should all be in bed with the lights out by 10 P.M. Electronics should be off or on airplane mode. We don’t need any more distractions.
4. Eat well-balanced meals. We will give you some good pre-game meal ideas.
5. If you have two unexcused absences you may be dismissed from the squad. If you are going to miss a practice talk to a coach personally or by phone. The head coach will determine what is excused or not.
6. For every practice you miss, for WHATEVER reason, you will be expected to run 10 laps after practice.
7. Report all injuries to your coach or trainer.
8. During practice we expect everyone to give 100% all the time. If you feel that you have been mistreated or unfairly treated DO NOT go to the locker room after practice. SEE your position coach or head coach immediately after practice to discuss it.

“Because of the high level of competition and expected performance you must expect high level, verbal encouragement. If you have a problem or feel like losing your temper, DON’T. Do not take team time for discussions, save it until practice is over.”

1. Do not use improper or abusive language.

10)We could have a thousand little rules and regulations but the time taken to enforce them would be ridiculous. Just remember, what you do on and off the field reflects on you, your team, your parents, your school, and Osky’s “Indian Pride.” Be a credit to all of them.

**Vii. Locker Room Procedures**

1. Read the materials posted, they are for you benefit. Do NOT touch or deface the items that are posted.
2. Don’t lounge around, get dressed and on the field. Practice time is short enough…. Stretch immediately.
3. Respect your equipment… we spend a great deal of time, energy, and money to provide the best equipment available. TAKE CARE OF IT!!! Remember to keep track of it; you will be charged for things lost, stolen, or kept.
4. Help keep the locker room picked up and clean. Any equipment left out will cost laps (or Gatorade) to get back.
5. NO HORSE PLAY!
6. Be respectful of trainer-managers. They have a lot of responsibility and work to do. They are a big part of this team.
7. Anything that fits improperly or is broken should be reported immediately! We want things to be right, as soon as possible.
8. Trainers are available Mondays, Wednesdays, and on game days. Any physical problems should be mentioned and dealt with. All specialists should tape both ankles (if you have a history of weak ankles).
9. Mouthpieces are provided and need to be worn at all times. It is against the rules to alter it in any way!!! Extras are available.
10. Do not drink from another players’ cups, bottles, or containers. We must all work to stop the spread of colds, flu, etc… Washing your hands often will also help!
11. After practice, hustle in, shower, dress, and get home. All the coaches have meetings, film work, and schoolwork to do. They shouldn’t have to wait around for you. Because of limited funds no towels will be supplied (You will have to supply your own if you want to shower.)

Viii. Practice procedures

1. The will to win isn’t nearly as important as the will to prepare to win.
2. You will play your games the way you practice. Be a winner in all your practices and you will win on game nights. There is no such thing as a “Gamer” on this football team. You practice hard and you will play hard.
3. All practices and chalk talks are required. Whenever it is absolutely essential to miss practice you must see or call the coach ahead of time.
4. Jog to the field every day to get warmed up.
5. If we are practicing out at LACEY COMPLEX drive carefully and do not speed or drive recklessly, ever!!!
6. Come in fast on the coach’s whistle. Always run when going from one area of the field to another.
7. Coaches must have your undivided attention when talking. Hear everything. Really listen and hear.
8. Address ALL coaches as “Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” or “Mr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”
9. All criticism given is of the constructive kind and intended to make you a better player. If you have a problem see your coach immediately after practice.
10. Helmets and full equipment are to be worn at all times. Be neat, look like a champion.
11. No sitting on the field at any time, except due to an injury or when told to do so by a coach.
12. Top physical condition is important because most games are won or lost in the fourth quarter. We want to win every aspect of every game. We will not be outhustled or out hearted!!!
13. You must be mentally and physically tough. Most injuries occur when you’re not at full speed. In the event of an injury report it to the coaches immediately.
14. Know your offensive, defensive, and special teams assignments thoroughly. If you have a question, ask!!!
15. In the event of an injury make sure the coaches are told and arrive then immediately move away from the area. Another coach will tell you what to do. NEVER overreact. Staying calm is one of the things that helps the most!!! It is very important not to touch an injured player, especially remember not to try to move one.

16) Success depends on hard work. There is no short cut to greatness.

No Team in the state will work harder to fulfill their potential than the OSKALOOSA INDIANS.

Remember, to do a safety check of all your equipment before every practice!!!

ix. Game Conduct

1) Always think in terms of winning. Maintain a positive team attitude. Have confidence. Believe in yourself and your teammates.

2) Sprint on and off the field at the beginning of the game, half-time, and when involved in a substitution. A delay of game penalty could cost us the game. All players leaving the filed should meet with their coach at the designated area immediately; time may be short.

3) We will have a team meeting five minutes after the end of the game. Don’t hang around on the field looking for parents, friends, and opposing players. (Congratulate your opponent and get into the locker room immediately.)

4) We expect everyone to give maximum effort on every play. One guy taking a breather can spoil an otherwise perfect play. We win or lose on the intensity of our team effort. Eleven men on every play. You never know when the game breaker is being run.

5) All players stand along the 2nd restraining line during the opening kickoff and every second thereafter. Encourage your team mates to do the same. We all prepare and win or lose together. Selfishness is NOT a part of OSKALOOSA FOOTBALL.

6) Have your helmet on and sit or stand in your assigned place on the bench when not in the game. Be ready to go into the game on a second’s notice. If you are not in the game you are to be standing and cheering for your teammates.

7) Watch the player playing your position when you aren’t in the game. You may learn something of value to both of you. If you are a primary substitute, stand behind the coach calling the offensive or defensive plays and know what’s going on.

8) Be courteous to officials. Address them as “Sir.” If penalized, run to your huddle spot with no arguing or griping… keep “shark eyes” and remember if you can’t control yourself, we will.

9) Do not draw a penalty, especially one for unsportsmanlike conduct; we cannot win making mistakes or having players ejected from the game. The team that makes the fewest mistakes usually wins. Unsportsmanlike actions will not be tolerated.

10) Don’t talk to opponents during the game. Actions speak louder than words. Talk is cheap and will get you off your game. If you receive a cheap or late shot verbally or physically, DO NOT RETALIATE!!! Turn away immediately. Officials know a class act, they control a lot of what we want.

11) During time outs stand on both feet with your head up and your helmet on. Look sharp and act sharp.

12) Always give the appearance to your opponent that you are less tired and better conditioned than he is. NEVER SHOW TIREDNESS! Play each play as if it were the last game you were allowed to play in.

13) All players on the field rush to congratulate a team mate who has made a BIG PLAY. Enthusiasm is contagious. If we can’t enjoy the good times it’s not worth the effort. Remember, however, taunting or celebrating at another’s expense is NOT what our football team is about.

14) Keep your chin off your chest if you made an error. We all know it was not committed on purpose. No one is totally responsible for a loss.

15) Show tremendous mental and physical toughness every second the ball is in play.

16) Hit will intelligent physicality (smart and tough). Be determined to beat every opponent you play, team for team and man for man. Be aggressive ad “out heart” them.

17) Respect yourself, your team, the officials, and your opponent and we’ll be in great shape.

X. Our relationship with officials, opposing players and coaches

Officials:

Everyone of our football games is officiated by three officials (at least). We work with these men for four quarters in every ball game. They have a very difficult job to do and can’t be expected to do it perfectly.

Although we don’t believe that any official would deliberately help one team over another, an official does respect the team which has players on the filed who act first class.

Let us resolve, then, to treat our officials, both at home and away, with the respect. If you have a reason to talk with an official during the course of a game, address him as “Sir,” or “Mr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” if you know his name.

Nine hundred ninety-nine out of a thousand football games are still won by the ay we play during the game, and not by wrong decisions of the officials. If anyone has a serious complaint let the coaches know right away. We will communicate with the officials.

Our relationship with opposing players:

We will face opposing teams this year determined to defeat them as decisively as respectably possible, both in score and physically. However, when the game is over grudges built up during the game should be forgotten.

You can show that you are a true champion if you can shake hands with your opponents after a game you lose. If you win, shake hands with them and congratulate them on the good effort exhibited.

If the opposing team is playing dirty, tell the officials politely once, and your coaches immediately; then forget about it! Concentrate on your play and don’t make excuses. I would be better to have the other team penalized for it, than to retaliate and have the officials catch us and give us a penalty. It should be more important to win the game and lose the fight, than to win the fight and lose the game because of it. You cannot help win a ball game sitting on the bench because of unsportsmanlike conduct. UNSPORTSMANLIKE CONDUCT IS SELFISH CONDUCT!

Opposing Coaches:

We have always had a lot of respect for the players from other schools we play who address us as “Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,” or “Mr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.” The other coaches feel the same way.

When you have occasion to speak to the other coaches, whether on the field, at other games, or on the street, be a gentleman and address them as “Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,” or “Mr. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.” We know that they will have a greater respect for you because of it.

“Yes sir,” “Thank you sir,” and “You have a great team sir” mean a great deal to me personally.

xi. Travel policies

1. Report ahead of scheduled time. It is better to be an hour early than it is to be a minute late. The bus will NOT wait.
2. Be sure you have all your equipment, check each item as you pack it, then go over it again.
3. Do not take any property or souvenirs. Our team has a reputation for being players, not jerks; do not spoil that reputation.
4. It is important that varsity football players realize the power that is theirs. Remember, you are representing your school, coaches, parents, and the community. Everyone is judged by the behavior of the individuals representing them. “Indian Pride” is alive and real.
5. Keep team morale UP. Our thoughts should be about the game; relax, and prepare mentally in your own way.
6. Be quiet on the bus going to the game. The GREAT PLAYERS want to think of the game and be mentally ready to play.
7. You must remain seated while the bus is in motion. Try to sit with someone you play close to, or someone who can help you review.
8. NO portion of the body is to be extended through an open window.
9. Players ALWAYS return with the team. On the bus ride home stay quiet and act with class. Some celebrating is okay, but don’t act inappropriately.
10. Inform parents or guardians about time of departure, return schedule of busses, and other regulations relating to the trip.
11. Headsets may be taken and listened to individually. NO noise should be heard by anyone else. IF you are using your phone for music it must be on “airplane mode.” The devise is to be USED ONLY FOR MUSIC PURPOSES, NOT TO TEXT OR COMMUNICATE WITH OTHERS. If we have a problem they WILL be left at home.
12. REMEMBER THIS: Your success is measured in what the team accomplishes. It’s what one can contribute, not what on can receive. When you win there is enough glory for everyone. When you lose, everyone deserves support.

From time to time you will be outmanned. Reduce the game to heart and win on courage. Those are the truest victories.

We believe we will win on conditioning and by giving the second and third effort. Reach deep down inside and come up with the “something extra” on every play.

xii. Team Concepts

We felt that it was very important to add this section to our playbook. Throughout many sections of this playbook you have seen individual and team concepts mentioned and many things repeated. This, hopefully, will bring into focus what the team concept means.

When we began to write these thoughts down it was soon discovered we could write a book, so we’ve made a great effort to reduce this to the bottom line.

In order to be successful three things are necessary: 1) The staff must have the information needed and abilities to teach it, 2) The individual players must have the desire to learn the information and the heart to execute it properly, and 3) We all must WORK TOGETHER in the most efficient manner possible to get as much done as we possibly can in the limited time allotted.

How can we work together most efficiently? This is really an easy question to answer, but a difficult answer to implement. The answer, of course, is to put the team goals first. “To become the best football team we are capable of becoming.”

We must first accept our roles on, and responsibilities to, the team and become individually the best possible players we are capable of becoming.

Second, we must do nothing to inhibit the growth of another player and everything we can to promote the growth and confidence of our teammates.

You have all heard the old saying, “No one player or error is totally responsible for a loss.” But we have all seen games where the end drops the game winning pass late in the game. Why isn’t it his fault? It could be that it was his fault that he dropped the pass, but it is not totally his fault for the team’s loss. Why?

Every player that had been in the game, on each play he was involved in, and every play called on offense and defense could have been a touchdown, IF everyone did exactly what they were capable of. In other words every coach and player makes mistakes during the course of the game, all of which can win or lose that game. The end who dropped the pass is little more visible than the guard who could have gotten a better block on a linebacker on the first offensive series, but the bottom line is, “WE ALL SHARE THE FAULT FOR A LOSS.”

We must work hard to minimize our mistakes and ESPECIALLY to support teammates who have made one. We all have made mistakes and no one feels worse than the on who made it. This is exactly the time when fellow team members need to show support and give encouragement.

Encouragement, support, loyalty to one another, ability to stay positive, and the heart to do that little bit extra to help a team mate is what will make a REAL team.

To take the win or lose responsibility one step further, even those players that never get into the actual game are responsible for the game’s outcome. How many of you have seen scout team players, subs, or other team members just go through the motions when full speed and the “real picture” is what we need to truly progress and win. If you walk from the locker room and feel no responsibility for a poor game, then you are lying to yourself.

Encouragement and support can be tough to give when things are tough and you’re so tired you can hardly stand, or when you’re feeling sorry for yourself because you’re not getting to play; to give support in those situations is a sign of a TRUE CHAMPIONS!

Remember, support and fire when things are going well is just as important. When things go right and we execute the way we work to, it’s time to get excited and really get after it.

Prepare yourself, AND help your teammates, to fulfill your and their potential.

The following are some do’s and don’ts of the team concept:

DON’T:

1. Belittle teammates.
2. QUIT… NEVER, NEVER, NEVER GIVE UP.
3. Make excuses… be responsible
4. Blame others.
5. Let the team down!!!

DO:

1. Be a positive influence on the team.
2. Be helpful to teammates.
3. Be a positive leader in your own way.
4. Congratulate others.
5. Work hard to become the best player you are capable of becoming.

(You MUST challenge yourself)

1. Minimize your mental and physical mistakes.

“It’s not what happens to you that matters, it’s

how you react to it that does.”