

## SEA KINGS BASKETBALL

### TO STAY HERE:

1. **BE COMMITTED TO YOUR ACADEMICS**-Know your program, make a plan, graduate. Go to class everyday. Be on time. Take good notes. Do all extra work possible. Plan ahead and talk to your teachers when we travel or you are having a problem. Study hard.
2. **BE COMMITTED TO HAVING CLASS**-Treat teachers, trainers, support staff and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, to say please, thank you, yes sir and yes ma'am, and give people the benefit of the doubt.
3. **BE COMMITTED TO DOING THE RIGHT THING**-We have plenty of school 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.
4. **BE COMMITTED TO THE PROGRAM**-We realize that our players are in a fish bowl at Palos Verdes High School. Every word and action will be watched. Our program's reputation provides many opportunities yet brings many responsibilities. We must be committed to build on to the tradition of our program and respect those that have gone before us and paid the price to build the program.

### TO PLAY HERE:

1. **BE COMMITTED TO HARD WORK**-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 always deserve to win. There is a reason we are the best... we work at it.
2. **BE COMMITTED TO BECOMING A SMART PLAYER**-Our players must be ready to learn. We believe that we work smarter than anyone else... We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions, we must play with poise. We prepare mentally for practice and games.
3. **BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT**-We must have players who believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player... We need unselfish and selfless players.
4. **COMMIT YOURSELF TO A WINNING ATTITUDE**-Our players must be committed to winning... but understand we don't measure our success by winning alone. Each time we play, we evaluate ourselves on reaching our potential. The test for our team is to play against the game, not just our opponent. We never quit. We always are looking for a way to win.

### TO WIN HERE:

1. **BELIEVE IN OUR SYSTEM**-Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role... then accept your role and do the best you can.
2. **BELIEVE IN YOURSELF**-Play with confidence... think positive... realize that you are a good player in a great program. Don't get down if you play poorly... realize that you were chosen to play here at Palos Verdes High School... be a leader. Lead by example.
3. **BELIEVE IN YOUR TEAMMATES**-Communicate with each other... help each other. Remember, the strength of the pack is the Sea King and the strength of the Sea King is the pack. Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. We understand that we are all different, be tolerant of teammates and others.
4. **BELIEVE IN YOUR COACHES**-Understand that your coaches are trying to help make you better people and players. Ask questions... don't whine and complain. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.

**PLAY THE RIGHT WAY; GO TO CLASS AND HAVE CLASS:**

**COMMITMENT**

**LOYALTY**

**ACCOUNTABILITY**

**SELF-DISCIPLINE**

**SELFLESSNESS**

**PLAY HARD, PLAY SMART, PLAY TOGETHER!**