

PALOS VERDES SEA KINGS STANDARDS

- 1. NO EXCUSES**
 - * We have what it takes to win.
- 2. GREAT DEFENSE AND REBOUNDING**
 - * This is the key to winning the Bay League and CIF.
 - * We do the dirty work.
- 3. COMMUNICATION**
 - * We look each other in the eye.
 - * We tell each other the truth.
- 4. TRUST**
 - * We believe in each other.
- 5. COLLECTIVE RESPONSIBILITY**
 - * We are committed to each other.
 - * We win and we lose together.
- 6. CARE**
 - * We have each other's back.
 - * We give aid to a teammate immediately, on and off the court.
- 7. RESPECT**
 - * We respect each other and our opponents.
 - * We are always on time.
- 8. INTELLIGENCE**
 - * We take good shots
 - * We are aware of team fouls.
- 9. POISE**
 - * We show no weakness.
- 10. FLEXIBILITY**
 - * We can handle any situation.
 - * We don't complain.
- 11. UNSELFISHNESS**
 - * We are connected.
 - * We make the extra pass.
 - * Our value is not measured in playing time.
- 12. AGGRESSIVENESS**
 - * We play hard every possession.
- 13. ENTHUSIASM**
 - * This is fun!
- 14. PERFORMANCE**
 - * We strive to get better every day.
 - * We have no bad practices.
- 15. PRIDE**
 - * We represent the best program and the best school in CIF.