

McNEESE

Cowgirl Basketball

TO STAY HERE:

1. BE COMMITTED TO YOUR ACADEMICS – Go to class every day. Be on time. Sit up front. Take good notes. Do all extra credit. Plan ahead and talk to teacher when we travel or you are having a problem. Get an older player on team to tutor you or find a friend to stay after school in library to tutor you.
2. BE COMMITTED TO HAVING CLASS – Treat teachers, trainers, coaches, cafeteria workers, janitors, nerds, and everyone else you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Everyone takes notes, everyone picks up trash and everyone is courteous. Say please, thank you, yes sir, and yes ma'am. Give people the benefit of the doubt and always remember to smile.
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. Do not hide anything. Your coaches will find out!
4. BE COMMITTED TO THE PROGRAM – 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. That means—Do the right thing!

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 can be...we work at it. Our best player must be our hardest worker. Be our hardest worker.
2. BE COMMITTED TO BECOMING A SMART PLAYER – We all must be ready to learn. We believe we work smarter than anyone else...We must develop players who understand the game. We all 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 all believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player or coach...We need unselfish people.
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 ways to win.

TO WIN HERE:

1. BELIEVE IN OUR SYSTEM OF PLAY – 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 it the best you can.

2. BELIEVE IN YOURSELF – Play with confidence...think positive. Don't get down when you play poorly...realize you were chosen to be here...be a leader... remember that your heart controls what your tongue says. Lead by example.
3. BELIEVE IN YOUR TEAMMATES – Communicate with each other...help each other. Remember the strength of the pack is the wolf and the strength of the wolf is the pack. Be a friend. We are all different – be tolerant of teammates.
4. BELIEVE IN YOUR COACHES – Understand that your coaches are trying to help make you better people and players. Ask questions...don't whine, complain or make excuses. Learn to take tough coaching. You must believe that the coaches are doing what they think is right for the team and you.