

PANTHER ABSOLUTES

1. **Show up and show up on time.** Be responsible. We are depending on **YOU**. Therefore you need to be here and be on time. Look at your schedule, communicate transportation, and be dependable. Anyone who is successful shows up and is on time.
2. **“Be A Great Teammate”.** This is non-negotiable! We must play for each other and have each other’s backs. This is on the court, in the locker room, in school, and out in the community. It’s everywhere. We are family!
3. **Be in great physical condition.** We will be in better shape than our opponents. We must practice with this in mind. Play yourself into shape. Every drill, every scrimmage, anytime between the lines, push yourself. Play as hard as you can, period.
4. **We must defend and rebound.** To compete for *championships*, we must make the *defensive end* a *priority*, and finish by *rebounding*. For your *teammates*, you must get into a **STANCE**, **COMMUNICATE**, and play with **ENERGY**. Give an incredible *EFFORT*! We get **STOPS TOGETHER!**
5. **Take care of the basketball.** Value the ball on every possession. Our game is a game of possessions. We cannot afford to have careless turnovers. We want a **GREAT** shot every time we get it. No *empty* possessions.
6. **Get it done off the court.** In the classroom, in the halls, in the cafeteria, in the community..... Be a good guy. *Treat People Great!*

