

Culture

Keep it simple. Do your job!

- Be a great teammate.
- Show up and show up on time.
- Come prepared. (Practice gear, compression shorts, no jewelry...)
- Communicate
 - Name
 - Informative
 - Tone
 - Eyes
- Want to be coached
- Buy into the little things.
- Value defensive end first. (Close out with high hands, move on air time, establish defensive triangles, talk and be tough, and finish by blocking out.)
- Keep sharing it.
- Take great shots. Utilize the 3 'R's'. Rubric = 9 is a lay in or dunk, 7 is 3/3, 5 is 2/3, & 3 is 1/3. We want "7's" and "9's".
 - Room
 - Rhythm
 - Range
- "Play as hard as you can period. Play for each other."