

Championship Habits

- 1. What are our goals or standards for the season?**
- 2. Does everyone know, accept, embrace and fulfill their roles?**
- 3. Do you have a game mentality for practice?**
- 4. Do you have the urgency of believing we can beat anyone but also believe that anyone can beat us?**
- 5. Are your academics taken care of?**
- 6. Do we put in extra work either before or after practice?**
- 7. Are we taking care of our bodies? Are we getting adequate rest?**
- 8. Do we have energy givers?**
- 9. Do we properly warm-up?**
- 10. Do we continue to do strength training during the season?**
- 11. Do we follow our team covenant and commitments all season?**