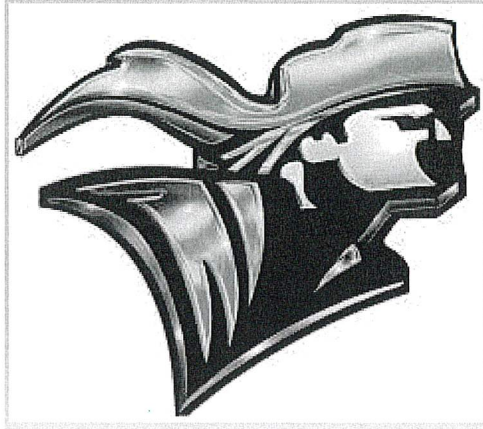


FORT CALHOUN GIRL'S BASKETBALL



IMPROVEMENT SEASON 2022 WORKOUT PACKET

“Staking Our Claim”

Name _____

IMPROVEMENT SEASON 2022

Here is your summer workout program for “Improvement Season” 2022. It will be given to you the last week of March, and it is due back the last week of July. This is a system in which we, as coaches, can determine, using your information, who is putting the most time in during the summer months.

You can earn stars that can be applied to the back of your in season t-shirt. These stars accumulate over your career from 9th-12th grade summer workouts, so your stars from last summer will carry over to this summer.

Obviously, this is an honor system, and we expect you to keep as accurate of records as possible and to be faithful to filling out your record book. Bear in mind that if you are not as honest as possible with your summer work-out program, you are not only hurting yourself, but your teammates as well.

This is the system we will use to hand out our stars. There are five main areas in which we can factually measure improvement in the summer. They are:

- Open Gyms (Including morning shooting)
- Team Camps and League Play
- Shots
- Free Throws
- Weight Training

The following are the numbers you need to achieve in order to receive a star:

- Open Gyms (including spring open gyms and summer morning shooting): 75% of the open gyms you are able to attend based on spring sports participation
- Camps and League Play: 75% games played or attended (injury/illness)
- Shooting: 10,000 shots made (following shooting/open gym workout)
- Free Throws: 5,000 shots made
- Weight Training: 80% of available times in weight room

Here are three important things you need to know going into the summer:

- **The best players play, regardless of class or age.**
- **I don't decide your playing time; you do. Put me in a situation where I can't take you off the floor. That doesn't mean it's all about scoring, but doing the little things, playing Pioneer basketball!**
- **This packet will help you get there; it is up to you to put it into action.**

	TOTALS FOR THE SUMMER
TOTAL OPEN GYMS	_____ (Need 75% attendance for a star)
TOTAL WEIGHT ROOMS	_____ (Need 75% attendance for a star)
TOTAL SHOTS MADE	_____ (Need 10,000 makes for a star)
TOTAL FREE THROWS MADE	_____ (Need 5,000 makes for a star)
TOTAL GAMES PLAYED	_____ (Need 75%/games for a star)
	EACH OPEN GYM COUNTS FOR 200 SHOTS AND 100 FREE THROWS
	EACH SUMMER LEAGUE GAME COUNTS FOR 100 SHOTS & 50 FT'S

2022 “IMPROVEMENT SEASON”

As I said at the banquet, one story has been written, and that book has been placed upon the shelf; it's now time to write a new one.

In my two years that I have been your coach, I have been so impressed with your work ethic and camaraderie as a team. It has truly been a joy to be your coach, and I hope that you have enjoyed your experience to this point. The plan is to improve that experience, both on and off the court, but much of that experience is up to you and what you put into it.

As I said at the banquet, our first year together was geared towards gaining the respect of your school mates. This past season, it was to gain the respect of your opponents. You're two for two, and you deserve all the credit for the improvements that you, as a group, made last season. You bought in, you gave everything that you had, and you built a strong foundation for the program, “clearing the path” for those to follow. Now, it's time to move on to the next thing, which is to show the state of Nebraska what you are capable of doing.

This process will not be easy. It will take a tremendous amount of effort and commitment, both as individuals and as a program. I see our program becoming more competitive on a daily basis, not less competitive. Team camps will become more competitive, practices will become more competitive and competition for playing time at all levels will also increase. There's nothing wrong with that; life is about competition, and sports are a metaphor for life. If you want something, more than likely, someone else also wants that same thing, so you're going to have to compete with others for what you want.

As great as last season was, it's over and done with. Last season means **ABSOLUTELY NOTHING** to next season. You have to be as hungry, as driven and as together as you were last year to make the same improvements this season. And . . . because of what you did last season, you will not be sneaking up on people the way you did last season. More and more people will start to take you seriously. Coaches and players will prepare for you better than they did last season. This process does not get easier; it gets harder. Be ready to embrace that challenge; it makes success all that much sweeter.

As I told you at this time last year, we will combine fun, hard work and competition. We will continue to play with joy, love and trust; we will show love towards one another, we will serve others and we will care for one another.. We will continue to play with a child's enthusiasm, but with the concentration level of an adult. But we need to get better. This packet will help you get there, but you have to put the work in!

#stakingourclaim

#ATTACK

Monday, April 4th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Tuesday, April 5th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Wednesday, April 6th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Thursday, April 7th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Friday, April 8th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Sat., April 9th & Sun., April 10th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	
Monday, April 11th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Tuesday, April 12th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Wednesday, April 13th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Thursday, April 14th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Friday, April 15th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Sat., April 16th & Sun., April 17th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	

BASIC SHOOTING FUNDAMENTALS

If there comes a point this summer or next season where you are struggling to shoot the ball (and we all will), here are some simple reminders to help you get your shot back into form . . .

BALANCE AND FOOTWORK

*“1, 2 step”; butt down, hands up. Left foot attack basketball (for right-handed shooters) on catch. Bring right foot forward shoulder width apart.

* Feet need to be squared to the basket with your strong foot slightly ahead for balance

*Strong leg drive going upward, weight going towards the hoop, landing in front of original position

*Great shooters *do not* drift to the left, right or backward

ELBOW

*Shooting elbow tucked to your rib cage (i.e. side) forming “L” shape towards target

**Do not* allow your shooting elbow to “flare” out. Perfecting this mechanic increases your accuracy and rhythm as a shooter

EYES

*Lock-in on target-back of rim preferably. On bank shots, top corner of square

*Great shooters “eye the rim” on every catch

FORM

*Guide hand vs. shooting hand; great shooters shoot with their shooting hand (i.e. “1-handed shooter”)

*Guide hand: make sure your thumb is against your index finger to eliminate using your guide hand on your release

*Shooting hand: use your finger tips, not palm for accuracy.

Always want to use your thumb, index and middle fingers, which are your dominate shooting fingers. Using too much pinky or ring finger takes away proper rotation and spin

Monday, April 18th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Tuesday, April 19th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Wednesday, April 20th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Thursday, April 21st	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Friday, April 22nd	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Sat., April 23rd & Sun., April 24th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	
Monday, April 25th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Tuesday, April 26th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Wednesday, April 27th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Thursday, April 28th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Friday, April 29th	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Sat., April 30th & Sun., May 1st	Open Gym Y N
	Number of Shots _____
	Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	

ON YOUR OWN GUARD SHOOTING WORK-OUT

Important things to remember about Pioneer shooting fundamentals

- *Inside pivots
- *Bend your knees; butt down, hands up!
- *Square up your body, especially your shoulders
- *Get the ball in your shot pocket
- *Hold your follow-through; snap your wrist off and hold it for one second

Hoiberg Pre-Workout Shooting

1. Arm swing → Groove your shot pocket
 2. 1 hand form shooting w/ ball against wall or backboard (5 con. straight shots)
 3. 3 makes at 3 spots right in front of the rim (both sides and directly in front)
 4. 3 made free throws
 5. Game shots from game spots at game speed (GS3)
-
1. Self pass series, no chair (5 shots apiece from 10 different spots, using your inside pivot on both right and left; 10 shots total per exercise)
 - *Catch and shoot
 - *Shot fake, one dribble right
 - *Shot fake, one dribble left
 - *2 Free Throws
 - *Shot fake, dribble drive right to the basket, chin
 - *Shot fake, dribble drive left to the basket, chin
 - *2 Free Throws
 - *Shot fake, one dribble right, cross back over to the left and jump shot
 - *Shot fake, one dribble left, cross back over to the right and jump shot
 - *2 Free Throws
 - *20 Catch and shoot 3-pointers
 - *2 Free Throws

 2. Self pass series with chair (10 shots coming off a chair from five different spots; 5 shots apiece from right inside pivot, then 5 shots from left inside pivot)-Chair should be 15 feet away from the basket
 - *Catch and shoot
 - *Shot fake, one dribble right
 - *Shot fake, one dribble left
 - *2 Free Throws
 - *Shot fake, dribble drive right to the basket, chin
 - *Shot fake, dribble drive left to the basket, chin
 - *2 Free Throws
 - *Shot fake, one dribble right, cross back over to the left and jump shot
 - * Shot fake, one dribble left, cross back over to the right and jump shot
 - *2 Free Throws
 - *20 Catch and shoot 3-pointers
 - *2 Free Throws

Monday, May 2nd	Open Gym Y N Number of Shots _____ Number of FT's _____
Tuesday, May 3rd	Open Gym Y N Number of Shots _____ Number of FT's _____
Wednesday, May 4th	Open Gym Y N Number of Shots _____ Number of FT's _____
Thursday, May 5th	Open Gym Y N Number of Shots _____ Number of FT's _____
Friday, May 6th	Open Gym Y N Number of Shots _____ Number of FT's _____
Sat., May 7th & Sun., May 8th	Open Gym Y N Number of Shots _____ Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	
Monday, May 9th	Open Gym Y N Number of Shots _____ Number of FT's _____
Tuesday, May 10th	Open Gym Y N Number of Shots _____ Number of FT's _____
Wednesday, May 11th	Open Gym Y N Number of Shots _____ Number of FT's _____
Thursday, May 12th	Open Gym Y N Number of Shots _____ Number of FT's _____
Friday, May 13th	Open Gym Y N Number of Shots _____ Number of FT's _____
Sat., May 14th & Sun., May 15th	Open Gym Y N Number of Shots _____ Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	

ON YOUR OWN POST SHOOTING WORK-OUT

Important things to remember about playing in the post:

- *Get into a good stance; Plant, Drop, Pivot (PDP); drop your butt & get a good base
- *Hands up; give the guards a target, then receive the ball well
- *Get a feel for the defender
- *Don't fade from the basket; be the aggressor!
- *Finish High on lay-ups; use the backboard if you have an angle on jump shots

Hoiberg Pre-Workout Shooting

1. Arm swing → Groove your shot pocket
2. 1 hand form shooting w/ ball against wall or backboard (5 con. straight shots)
3. 3 makes at 3 spots right in front of the rim (both sides and directly in front)
4. 3 made free throws
5. Game shots from game spots at game speed (GS3)

1. Self pass, Drop Step Baseline (5 times on both sides)
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Finish High!
2. Four Free Throws
3. Self pass, Turn Around Jump Shot (5 times without a dribble turning over your right shoulder, 5 times without a dribble turning over your left shoulder, 5 times with a dribble, turning over your right shoulder, 5 times with a dribble, turning over your left shoulder both sides of the basket)
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Use the backboard if you have a good angle
4. Four Free Throws
5. Self pass, reverse pivot face-up, Shot fake, 1 dribble to the basket and finish (5 times going right, 5 times going left, both sides of the basket)
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Finish High!
6. Four Free Throws
7. Self pass, hook shot (5 times with your right and no dribble, 5 times with your left and no dribble. Then repeat using one dribble going in each direction. Then repeat on the other side of the basket)
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Snap your wrist off
8. Self pass, one dribble to the middle, fake to the middle, then step through up and under
 - *Make sure you get in a good stance (PDP)
 - *Square up to the basket
 - *Give a good shot fake, then attack the defense
 - *Use the backboard if you have a good angle
9. Four free throws
10. Twenty 3 point shots; half from the top of the key area, half from anywhere (self-pass into shot)

Using a chair as defense just above the block area, repeat steps 1-8

Of these post moves, find 1-2 that you feel very comfortable with and do an extra set of 5 from both sides

Monday, May 16th	Open Gym Y N Number of Shots _____ Number of FT's _____
Tuesday, May 17th	Open Gym Y N Number of Shots _____ Number of FT's _____
Wednesday, May 18th	Open Gym Y N Number of Shots _____ Number of FT's _____
Thursday, May 19th	Open Gym Y N Number of Shots _____ Number of FT's _____
Friday, May 20th	Open Gym Y N Number of Shots _____ Number of FT's _____
Sat., May 21st & Sun., May 22nd	Open Gym Y N Number of Shots _____ Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	
Monday, May 23rd	Open Gym Y N Number of Shots _____ Number of FT's _____
Tuesday, May 24th	Open Gym Y N Number of Shots _____ Number of FT's _____
Wednesday, May 25th	Open Gym Y N Number of Shots _____ Number of FT's _____
Thursday, May 26th	Open Gym Y N Number of Shots _____ Number of FT's _____
Friday, May 27th	Open Gym Y N Number of Shots _____ Number of FT's _____
Sat., May 28th & Sun., May 29th	Open Gym Y N Number of Shots _____ Number of FT's _____
Totals for the Week	
Shots _____	
Free Throws _____	

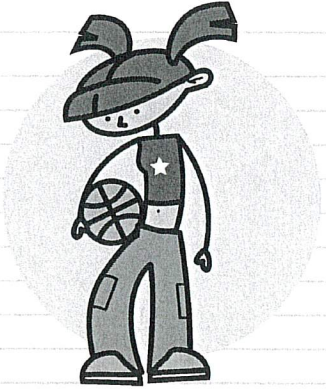
BALL HANDLING DRILLS

Important things to remember about handling the basketball:

- *Keep your eyes up
- *Protect the ball at all costs; it is invaluable!
- *Keep your dribble lower than your waist
- *One strong move against pressure, then attack
- *Beat pressure with pressure
- *If you make the simple play every time, the simple play becomes spectacular

1. Stationary Control drills (Head up on each drill; do 20 times apiece)
 - A. Ball Slap
 - B. Around right leg
 - C. Around left leg
 - D. Around both legs
 - E. Figure 8 between legs
 - F. Around both legs, waist, head, back down to waist, to legs
 - G. Hands in front, catch the ball, let go and put hands behind the legs
 - H. One hand in front, one hand in back; let ball go and switch hands
2. Stationary Ball handling drills (1 minute apiece)
 - A. Right hand dribble, left arm protect
 - B. Left hand dribble, right arm protect
 - C. Pull backs (both hands)
 - D. In and out (both hands)
 - E. Two up, two back
3. Full Court drills
 - A. Speed dribble (both hands)
 - B. Speed dribble, pull back one dribble, cross-over and attack (both hands)
 - C. Cross-over (both ways)
 - D. Hesitation (both hands)
 - E. Behind the back (both ways)
 - F. Between the legs (both ways)
4. Two ball drills
 - A. In rhythm
 - B. Alternate
 - C. Cross-over
 - D. Zig-zag in rhythm (full court)
 - E. Zig-zag alternate (full court)

Monday, May 30th	"Deserve Victory"	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Tuesday, May 31st	"Finish Possessions"	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Wednesday, June 1st	"Play with a chip on your shoulder"	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Thursday, June 2nd	"First, master the fundamentals"	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Friday, June 3rd	"Failure to prepare is preparing to fail."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Sat., June 4th and Sun., June 5th	"Every player can be All-State at being a great teammate."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
WEEKLY TOTALS		
Total Open Gyms _____	Total Shots Made _____	Total Free Throws Made _____
Total Weight Room _____	Total Games Played _____	Wins _____ Losses _____

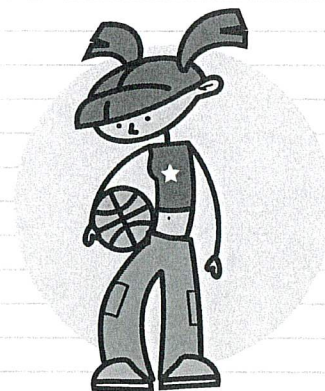


Pioneer Attitude



1. Go to class.
2. Compete. (No excuses).
3. Be on time. (No excuses)
4. Listen.
5. Play through the official's calls.
6. Make the simple play.
7. Huddle up as a team on free throws
8. Run to the bench when substituted for.
9. Run to timeouts.
10. Run to the locker room.
11. No cussing on the court.
12. Do not hang your head.
13. Never quit on a play.
14. Control your body language.
15. No pointing fingers (unless it is for a good pass).
16. Root for your teammates while you're on the bench.
17. Study during study hall.
18. Say "please" and "thank you".
19. Look people in the eye when you're communicating.
20. Be a role model off the floor.
21. Be humble in victory and gracious in defeat.

Monday, June 6th	"Be a dreamer."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Tuesday, June 7th	"No Excuses"	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Wednesday, June 8th	"Great effort comes from a great attitude."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Thursday, June 9th	"Confidence means being able to laugh at yourself."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Friday, June 10th	"Conceive the inconceivable, then achieve it."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Sat., June 11th and Sun., June 12th	"Always have an open mind and a compassionate heart."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
WEEKLY TOTALS		
Total Open Gyms _____	Total Shots Made _____	Total Free Throws Made _____
Total Weight Room _____	Total Games Played _____	Wins _____ Losses _____



WHAT I WON'T DO FOR MY FRIENDS OR TEAMMATES

- 1. I won't steal for my friends or teammates.**
- 2. I won't cheat for my friends or teammates.**
- 3. I won't act dumb for my friends or teammates.**
- 4. I won't do drugs or alcohol for my friends or teammates.**
- 5. I won't disrupt class for my friends or teammates.**
- 6. I won't disrespect, laugh at or ridicule others for my friends or teammates.**
- 7. I won't intentionally fail for my friends or teammates.**
- 8. I won't behave irresponsibly for my friends or teammates.**
- 9. I won't knowingly hurt others for my friends or teammates.**
- 10. I won't destroy my life or anyone else's for my friends or teammates.**

Anyone who would ask me to do any of these things is not my friend or my teammate.

Monday, June 13th	"Act quickly, but don't hurry."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Tuesday, June 14th	"Stay hungry, stay humble."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Wednesday, June 15th	"Make each day your masterpiece."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Thursday, June 16th	"Winning is an attitude."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Friday, June 17th	"You are not a failure until you blame others for it."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Sat., June 18th and Sun., June 19th	"Desire is a gift."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
WEEKLY TOTALS	
Total Open Gyms _____	Total Shots Made _____ Total Free Throws Made _____
Total Weight Room _____	Total Games Played _____ Wins _____ Losses _____



The Creed of the Pack

The pack . . .

Is always protecting.

Is not boastful in times of success and perseveres through
times of hardship

Is not easily angered or intimidated.

Is courteous, unselfish, and not envious of others.

Never leaves anyone behind, thus it is trustworthy and full
of love.

Is disciplined and always performs the mundane aspects of
excellence.

Is patient, because it knows it must endure trials and
tribulations.

Most of all, **the Pack** is proud:

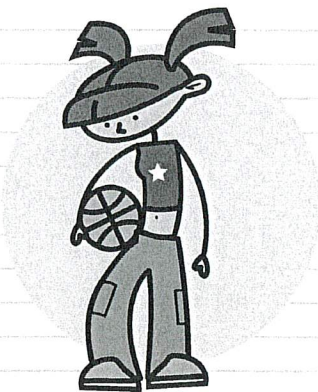
We are champions because we all do the things required of
champions.

This is our creed, and it is who we are.

“PRIDE IN THE PACK”

Monday, June 20th
 Open Gym Y N
 Shots _____
 Opponent _____

"Be a leader."
 Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L



Tuesday, June 21st
 Open Gym Y N
 Shots _____
 Opponent _____

"Stances!"
 Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Wednesday, June 22nd
 Open Gym Y N
 Shots _____
 Opponent _____

"If you don't know how to dream, you're dead."
 Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Thursday, June 23rd
 Open Gym Y N
 Shots _____
 Opponent _____

"It's a great day to be a Pioneer."
 Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Friday, June 24th
 Open Gym Y N
 Shots _____
 Opponent _____

"When you move without the ball, good things happen."
 Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Sat., June 25th and Sun., June 26th
 Open Gym Y N
 Shots _____
 Opponent _____

"Control the things you can control."
 Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L

WEEKLY TOTALS

Total Open Gyms _____
 Total Weight Room _____

Total Shots Made _____ Total Free Throws Made _____
 Total Games Played _____ Wins _____ Losses _____

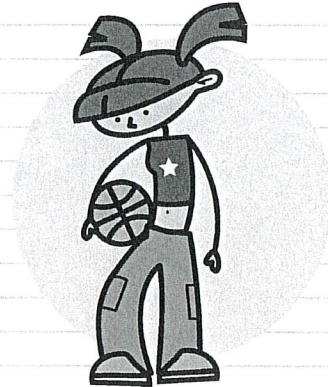
You Are a Pioneer When...

- *You don't care if you are the one who sets the screen or the one who hits the winning three, because fulfilling your role, whatever that role is, is most important
- *You have a desire to excel for the benefit of those relying on you.
- *You have an unquenchable need to exceed your past limitations.
- *You play without the option of defects
- *You play and know, without a doubt, that you competed like a champion.
- *You understand your commitment to your teammates.
- *You understand that basketball is a team sport.
- *You finish playing and only your body leaves the floor your heart and soul are captured within the game.
- *You will exchange your blood, sweat, and tears for the benefit of the team.
- *You understand the irrelevance of individual awards.
- *You would rather encourage a teammate to succeed than benefit personally from his mistakes.
- *Your respect for the game outweighs your personal pride.
- *You make mistakes and use them to improve instead of using them as excuses.
- *Your ability to make your teammates better increases each time you play.
- *You do the little things right when nobody's watching.
- *You serve your teammates with unselfish motives.
- *You understand your role and strive to perform it better.
- *You have done all you can and still feel you haven't done enough.
- *You give more than what is asked and take less than what is deserved.
- *Your effort is constant and your play is consistent regardless of the situation.
- *You think you can, and you do.

Monday, June 27th
 Open Gym Y N
 Shots _____
 Opponent

"The greatest players fit the team."

Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L



Tuesday, June 28th
 Open Gym Y N
 Shots _____
 Opponent

"Egos equal problems."

Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Wednesday, June 29th
 Open Gym Y N
 Shots _____
 Opponent

"Victory belongs to the team."

Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Thursday, June 30th
 Open Gym Y N
 Shots _____
 Opponent

"The team itself must be the leader of the team."

Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Friday, July 1st
 Open Gym Y N
 Shots _____
 Opponent

"Championship teams believe in each other."

Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L
 W L

Sat., July 2nd and Sun., July 3rd
 Open Gym Y N
 Shots _____
 Opponent

"Live in the precious present."

Weight Room Y N
 Free Throws Made _____
 Win/Loss
 W L
 W L
 W L

WEEKLY TOTALS

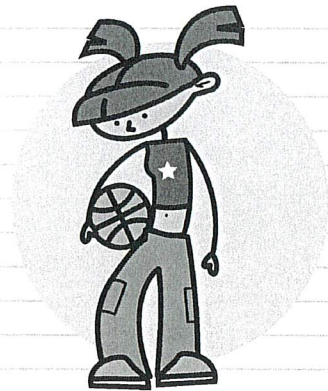
Total Open Gyms _____
 Total Weight Room _____

Total Shots Made _____ Total Free Throws Made _____
 Total Games Played _____ Wins _____ Losses _____

Things that every player can do,
regardless of talent

- 1. Pass fake/ shot fake**
- 2. Know and execute plays**
- 3. Play hard**
- 4. Team first attitude**
- 5. Understand shot selection**
- 6. Concentrate**
- 7. Listen**
- 8. Be in great shape**
- 9. Control intangibles**
- 10. Be an example**
- 11. Rebound**

Monday, July 4th	"Winners aren't built overnight."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Tuesday, July 5th	"If we work hard enough, we win."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Wednesday, July 6th	"What I put into basketball I get out of it."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Thursday, July 7th	"Don't let other people tell you what you want out of life."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Friday, July 8th	"Basketball is a game of habits."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Sat., July 9th and Sun., July 10th	"Be who you are, because no one else is you."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
WEEKLY TOTALS		
Total Open Gyms _____	Total Shots Made _____	Total Free Throws Made _____
Total Weight Room _____	Total Games Played _____	Wins _____ Losses _____



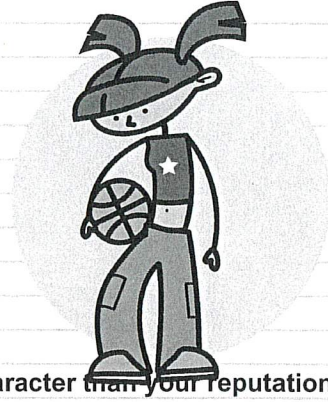
Abraham Lincoln: A Lesson in Persistence

- *Failed in business, 1831
- *Defeated for Legislature, 1832
- *Second failed business venture, 1833
- *Suffered nervous breakdown, 1836
- *Defeated for speaker, 1838
- *Defeated for Elector, 1840
- *Defeated for Congressional Nomination, 1843
- *Defeated for Congress, 1848
- *Defeated for Senate, 1855
- *Defeated for Vic-President, 1856
- *Defeated for Senate, 1858
- *Elected President of the United States, 1861

“Never give in-never, never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy.”

-Winston Churchill

Monday, July 11th	"All great players are self-motivated."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Tuesday, July 12th	"Life is a battle of wills."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Wednesday, July 13th	"Be more concerned with your character than your reputation."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Thursday, July 14th	"It's hard to learn when you win all the time."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Friday, July 15th	"Never underestimate the heart of a champion."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Sat., July 16th and Sun., July 17th	"It doesn't cost anything to be nice to people."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
WEEKLY TOTALS		
Total Open Gyms _____	Total Shots Made _____	Total Free Throws Made _____
Total Weight Room _____	Total Games Played _____	Wins _____ Losses _____

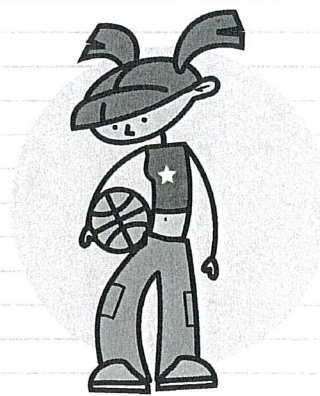


10 Commitments of Pioneer Basketball

1. "I will be on time"
-Everyone will be on time for all scheduled events. Classes, weight lifting, practice, physical therapy and team meetings.
2. "I will get rest"
-It is important that each of you get enough sleep to be at your best each day. Everyone is expected to get rest. Plan ahead and take naps when you can.
3. "I will eat right"
-It is important that you eat properly. You must eat the proper foods to perform at your best. Remember, the most important meal is breakfast, so get up and eat.
4. "I will take pride in our facilities"
-Our team has a first class locker room, team room and weight room. We take pride in keeping them neat and clean. We have good equipment, uniforms, travel bags, etc . . . we take care of them. We don't steal from the program.
5. "I will be committed to having class"
-Treat teachers, trainers, support staff and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, say please, thank you, yes sir, yes ma'am, and to give people the benefit of the doubt.
6. "I will work hard"
-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 why we are the best; we work at it.
7. "I will be a smart player"
-Our players must be ready to learn. We believe we work smarter than anyone else. We must develop players who understand the game. Our players must be good listeners and learn by watching. We must make good decisions, and we must play with poise. We prepare mentally and physically for games.
8. "I will be a team first player"
-We must have players who believe in our team concept. Our program is built on the concept that the team/program is bigger than any one player. We need unselfish players.
9. "I will have a winning attitude"
-Our players must be committed to winning but understand that we don't measure 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 are always looking for a way to win.
10. "I will believe in our system"
-Commit yourself to our philosophy and to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role, accept your role, and embrace your role.

"Next Play!"

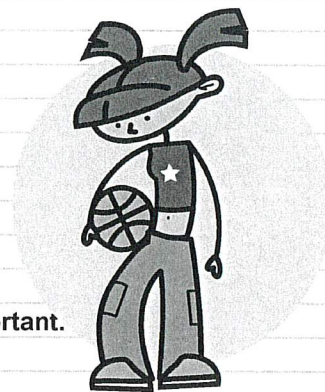
Monday, July 18th	"Winning never gets old."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Tuesday, July 19th	"Fouling negates hustle."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Wednesday, July 20th	"Winning makes everyone a star."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Thursday, July 21st	"Statistics are for losers."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Friday, July 22nd	"Winning a championship isn't easy. And it shouldn't be."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
	W L
Sat., July 23rd and Sun., July 24th	"Always focus on what you want to achieve."
Open Gym Y N	Weight Room Y N
Shots _____	Free Throws Made _____
Opponent	Win/Loss
	W L
	W L
	W L
WEEKLY TOTALS	
Total Open Gyms _____	Total Shots Made _____ Total Free Throws Made _____
Total Weight Room _____	Total Games Played _____ Wins _____ Losses _____



Things Mentally Strong People Don't Do

- 1. They don't waste time feeling sorry for themselves**
- 2. They don't give away their power**
- 3. They don't shy away from change**
- 4. They don't waste energy on things they can't control**
- 5. They don't worry about pleasing everyone**
- 6. They don't fear taking calculated risks**
- 7. They don't dwell on the past**
- 8. They don't make the same mistake over and over**
- 9. They don't resent other people's success**
- 10. They don't give up after their first failure**
- 11. They don't fear long time**
- 12. They don't feel the world owes them anything**
- 13. They don't expect immediate results**

Monday, July 25th	"Remember the journey."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Tuesday, July 26th	"Believe."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Wednesday, July 27th	"It's who ends a game that is important."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Thursday, July 28th	"It's what you learn after you know it all that counts."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Friday, July 29th	"You don't play opponents, you play against the game itself."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
Sat., July 30th and Sun., July 31st	"Deserve Victory."	
Open Gym Y N	Weight Room Y N	
Shots _____	Free Throws Made _____	
Opponent	Win/Loss	
	W L	
	W L	
	W L	
	W L	
WEEKLY TOTALS		
Total Open Gyms _____	Total Shots Made _____	Total Free Throws Made _____
Total Weight Room _____	Total Games Played _____	Wins _____ Losses _____



THINGS I'VE LEARNED THIS
SUMMER THAT HAVE MADE ME A
BETTER PERSON

THINGS I'VE LEARNED THIS
SUMMER THAT HAVE MADE ME A
BETTER BASKETBALL PLAYER

