

SMW Lady Viking Basketball

Core Standards

- Participants in high school basketball will learn leadership skills, the value of teamwork, responsibility, trust, integrity, respect, selflessness, and the value of hard work. These skills are building blocks for building a positive character.
- Participants in high school basketball should experience physical, academic, emotional, and social growth.
- All participants will improve their self-esteem.
- All participants will become better athletes, students, and people.
- All participants will enjoy their experience as a student/athlete.

What is our team all about? What do we stand for?

Five Point Play

These are the five fundamental points that can help make our teams great.

- 1) **Communication**
- 2) **Collective Responsibility**
- 3) **Caring**
- 4) **Trust**
- 5) **Pride**

Coaching Guidelines:

- 1) Our goal is to provide a great environment in which young women can develop themselves socially, academically, and athletically.
- 2) As coaches, we should be the kind of coach we would want our sons or daughters to play for.
- 3) We must never lose sight of the fact that basketball is a game and it should be fun.
- 4) Because basketball is a great teaching situation, we must use this opportunity to educate the young women on our teams. We must prepare them for the many decisions they will be making that will have long-range effects on the quality of their lives.
- 5) **This is the bottom line: Are we doing all we can to make our players' sport experience as rewarding as possible?**