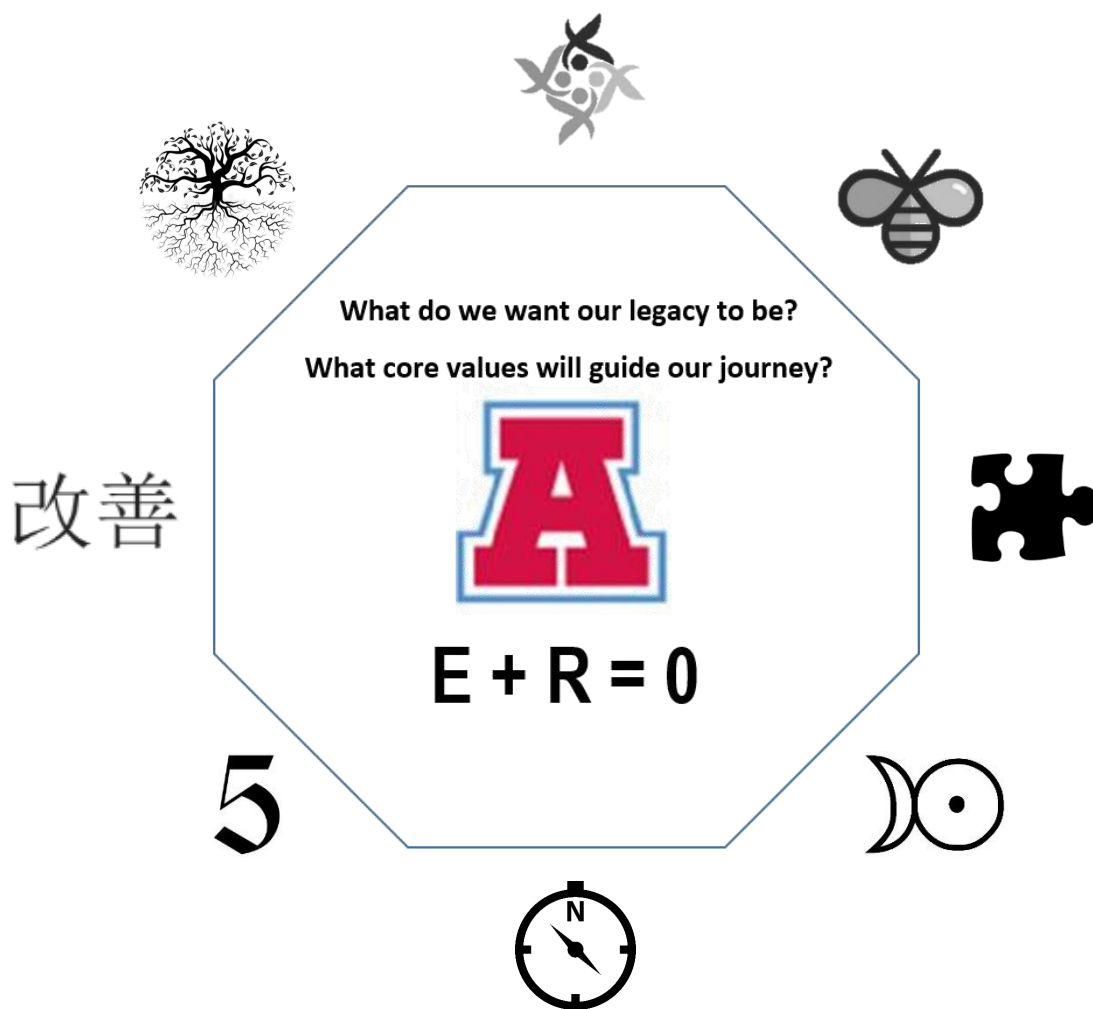


Name: _____

2020-2021



Girls Basketball

SCHEDULE

Date	Time	Opponent	Site	Score	Record
Nov. 24	7:00pm	Waukesha South	Waukesha South	___ - ___	___ - ___
Nov. 27	11:30am	Pius	Brookfield Central	___ - ___	___ - ___
Nov. 28	10:30am	New Berlin-Eisenhower	Brookfield Central	___ - ___	___ - ___
Dec. 1	7:00pm	Muskego	Home	___ - ___	___ - ___
Dec. 4	7:00pm	Catholic Memorial	Home	___ - ___	___ - ___
Dec. 5	7:00pm	Oak Creek	Home	___ - ___	___ - ___
Dec. 11	7:00pm	Waukesha West	Waukesha West	___ - ___	___ - ___
Dec. 15	7:00pm	Kettle Moraine	Home	___ - ___	___ - ___
Dec. 18	3:00pm	Germantown	Home	___ - ___	___ - ___
Dec. 22	7:00pm	Waukesha North	Waukesha North	___ - ___	___ - ___
Dec. 30	7:00pm	DSHA	Home	___ - ___	___ - ___
Jan. 5	7:00pm	Waukesha South	Home	___ - ___	___ - ___
Jan. 8	7:00pm	Mukwonago	Mukwonago	___ - ___	___ - ___
Jan. 9	7:00pm	Lake Country Lutheran	Home	___ - ___	___ - ___
Jan. 15	7:00pm	Oconomowoc	Home	___ - ___	___ - ___
Jan. 16	4:00pm	Waukesha North	Home	___ - ___	___ - ___
Jan. 22	7:00pm	Muskego	Muskego	___ - ___	___ - ___
Jan. 23	7:00pm	Oconomowoc	Oconomowoc	___ - ___	___ - ___
Jan. 26	7:00pm	Kettle Moraine	Kettle Moraine	___ - ___	___ - ___
Jan. 29	7:00pm	Waukesha West	Home	___ - ___	___ - ___
Jan. 30	4:00pm	Mukwonago	Home	___ - ___	___ - ___
Feb. 2	7:00pm	Catholic Memorial	Catholic Memorial HS	___ - ___	___ - ___
Feb. 12	TBA	Regional	TBA	___ - ___	___ - ___
Feb. 13	TBA	Regional Final	TBA	___ - ___	___ - ___
Feb. 18	TBA	Sectional Semi-Final	TBA	___ - ___	___ - ___
Feb. 20	TBA	Sectional Final	TBA	___ - ___	___ - ___
Feb. 26	TBA	State Semi-Final	Resch Center	___ - ___	___ - ___
Feb. 27	TBA	State Championship	Resch Center	___ - ___	___ - ___

PRE-SEASON

STRENGTH BOARDS

Internal Score Card

What do I really love to do?

What do I really find interesting?

What characteristics do I want to embody?

What do I want to accomplish?

MY ONE WORD FOCUS FOR THE YEAR

Mental Training Timing and Rituals

Varsity Pre-Game timing

90 minutes before game time- Be at gym (already dressed) sit spread out to watch JV/JV 2 game

70 minutes before game time- Put on shoes & Put bags into locker room

60 minutes before game time- Find large area with small group. Review O/D Keys for game, go through off-court movement series to warm-up

30 minutes before game time- Coach led visualization & Coach clarifies O & D Keys

20 minutes before game time- Ready for On Court Warm-ups



OFF COURT MOVEMENTS SERIES

Stretching & Flexibility

1. Inch Worm to Cobra-3
2. Thread the Needle- 3 each arm
3. Cat Cows-3 of each
4. Kick Backs- 10 each leg, pause and pulse for 10 seconds on the last one
5. Kneeling Hip Series
 - a. Each leg, lean into forward, 45 degree, and 90 degree (about 3 leans each)
6. Alternate Leg Lowers-5 each leg, controlled
7. Adduction Leg Lifts-5 each leg
8. Abduction Leg Lifts-5 each leg
9. Stand single leg RDLs-3x3 spots each leg (inside foot, front of foot, outside of foot)
10. Leg swings-standing against wall-about 10 seconds each
 - a. Across body leg swing (right and left)
 - b. Away from body leg swing (right and left)
 - c. Knee bend into wall (right and left)

Moving Warm-Ups (about 20 feet, jog out of it about 20 feet)

1. Elbow to instep
2. Socks
3. Frankensteins
4. Knee Hug to Tippy Toes
5. Hurdles
6. 4xSquat to Lean to Close out

Heart Rate Up—Skips (20 sec each)

1. Skip in place, get arms moving above head left to right
2. Skip in place, swing arms from above head to past hips
3. Skip in place, swing arms in a diagonal chop- both arms to same side of body

Pre-Game

1. Mindfulness Breathing-2 minutes
2. Vision Board/Review Film Session “Q” Card- 3-5 minutes
3. Discuss O & D Keys on board (small groups)- 4 minutes
4. Coach led Visualization-5 to 7 minutes
5. Off court moving warm-ups with mindfulness breathing-15 minutes
6. Focus word
7. Coach Clarifies O & D Keys-3 minutes

In Game

1. Mindfulness Breathing
2. Utilize “Next Best Action” trigger to overcome setback
3. Bench players are recognizing mental skills moments

Timeouts

1. Mindful breath- 5 seconds
2. Key point from Coach

Halftime

1. Mindfulness breathing-15 seconds
2. Review Film Session “Q” Card- if necessary
3. Areas of Emphasis from Coach

Post-Game

1. Mindfulness breathing- 15 seconds
2. Coach's Key Points

WEEK 1**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

hardworking, competitive, positive, focused, accountable, courageous, resilient, confident, enthusiastic, disciplined, motivated, creative, curious

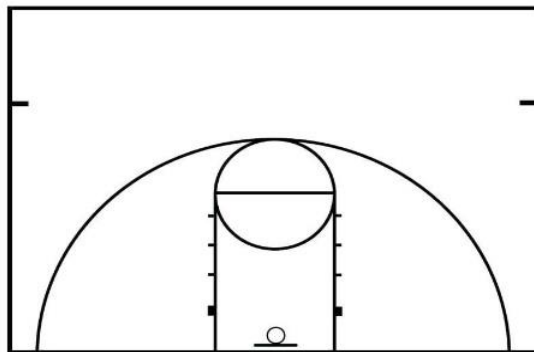
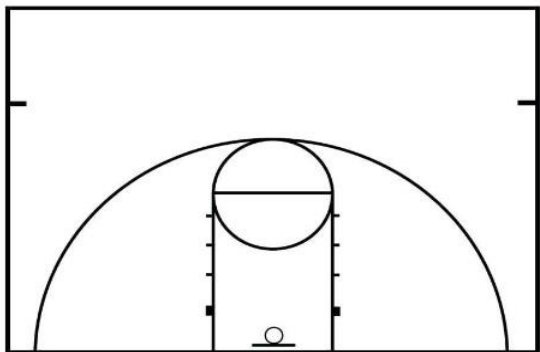
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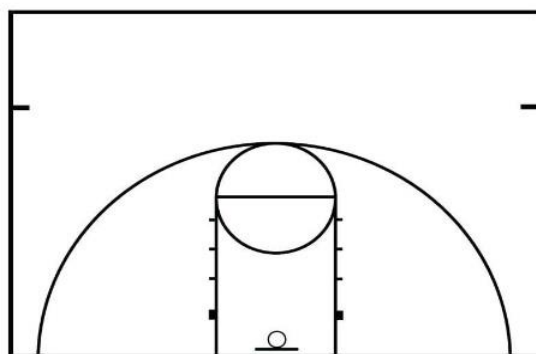
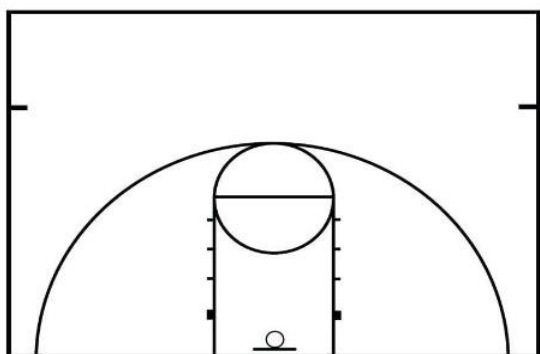
Unselfish, honest, respectful, appreciative, humble, patient, loyal, trustworthy, trust-willing, encouraging, socially aware, caring, empathetic

“Everyone wants to be great until it is time to do what greatness requires.”

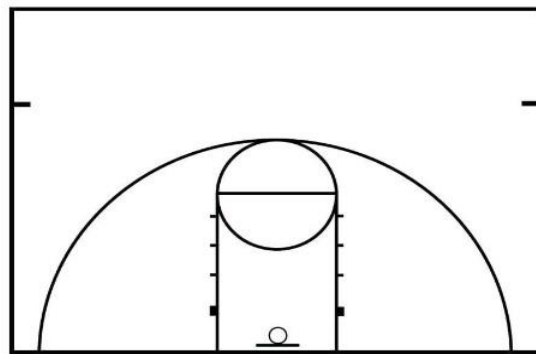
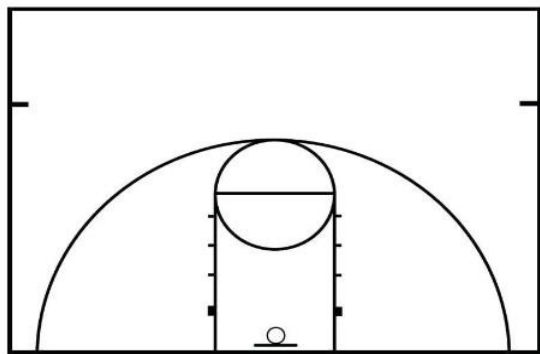
-Joshua Medcalf, Chop Wood Carry Water

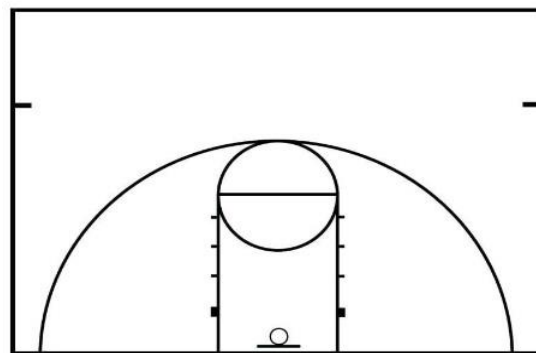
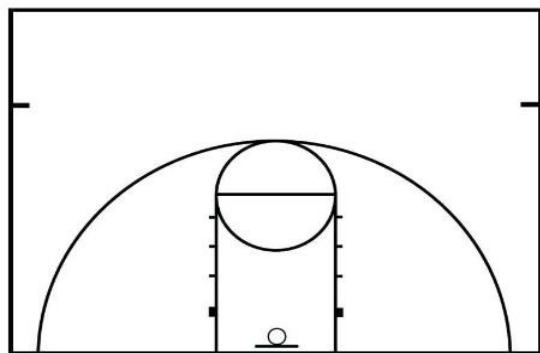
DRILLS - NOTES





DRILLS - NOTES

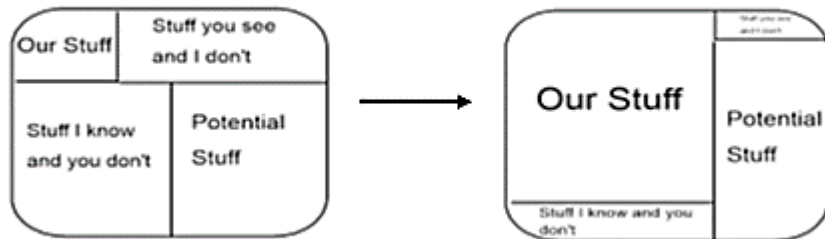




MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

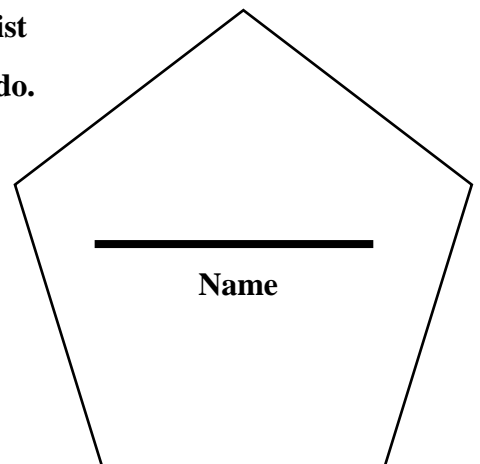
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2. _____
3. _____

EKG List - Below, list out at least three people that deserve your appreciation.

- 1.
- 2.
- 3.

Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.



“I find my value in who I am not what I do.”

-Joshua Medcalf, Chop Wood Carry Water

WEEK 2**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

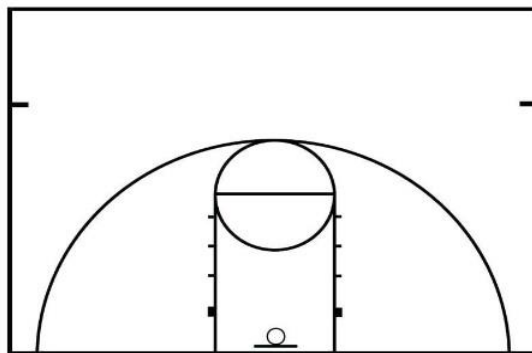
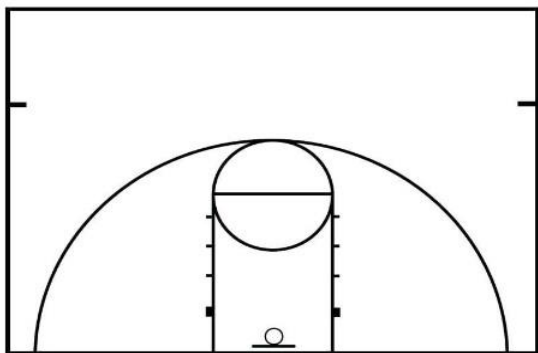
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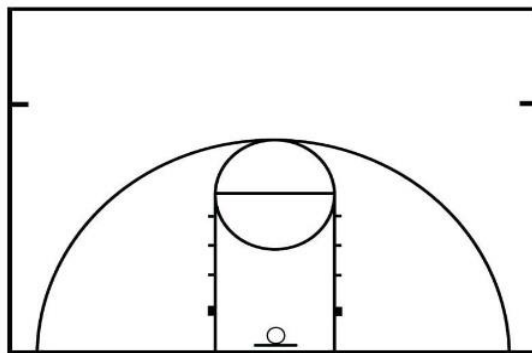
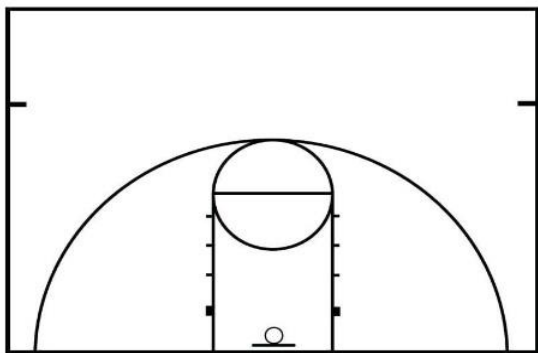
Relational Skills: govern the relationship you have with others.

Unselfish, honest, respectful, appreciative, humble, patient, loyal, trustworthy, trust-willing, encouraging, socially aware, caring, empathetic

“People don’t care what you know until they know that you care”
 —John C. Maxwell, The 21 Irrefutable Laws of Leadership

DRILLS - NOTES

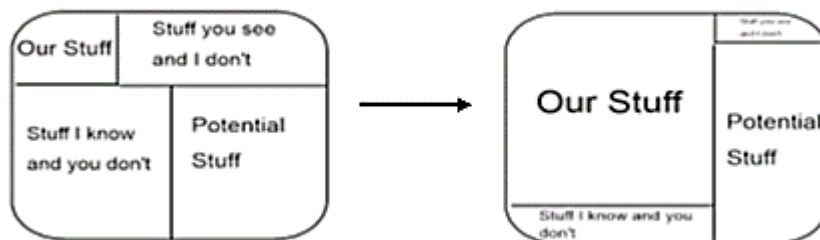




MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

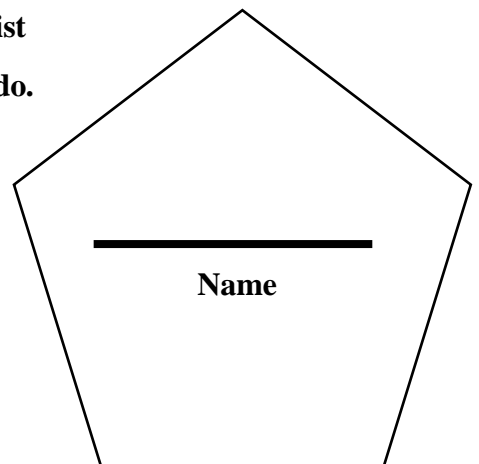
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“Enthusiasm attracts more passengers and energizes them during the ride.”

-Jon Gordon, Energy Bus

WEEK 3**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
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Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

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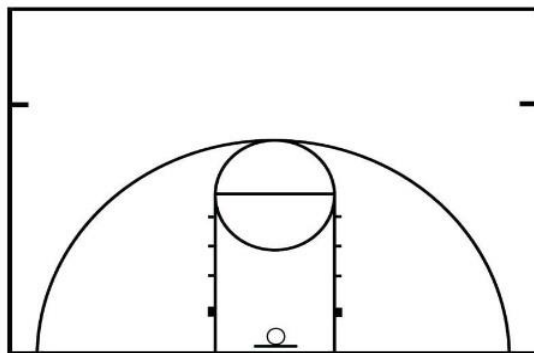
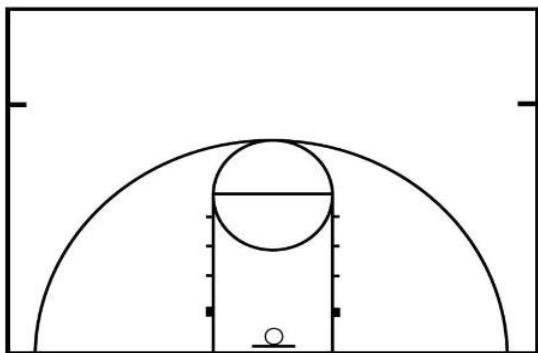
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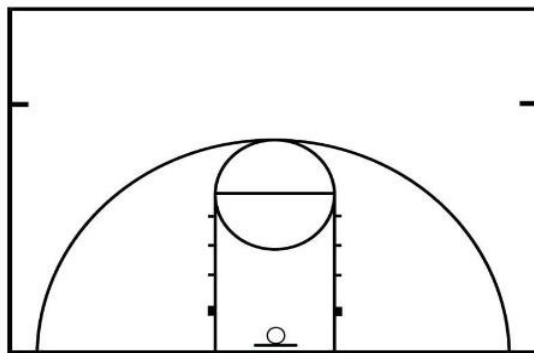
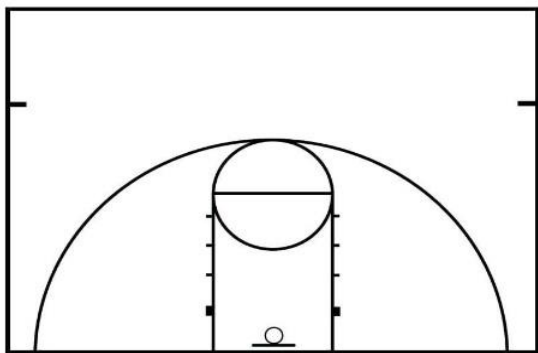
Relational Skills: govern the relationship you have with others.

Unselfish, honest, respectful, appreciative, humble, patient, loyal, trustworthy, trust-willing, encouraging, socially aware, caring, empathetic

“The fight is won or lost,’ says Muhammad Ali, ‘far away from witnesses – behind the lines, in the gym, and out there on the road, well before I dance under the lights.”

— James Kerr, Legacy

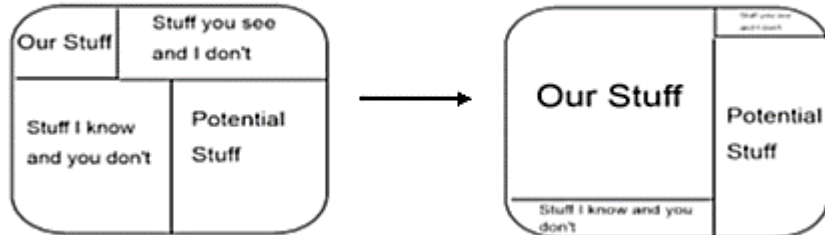




MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

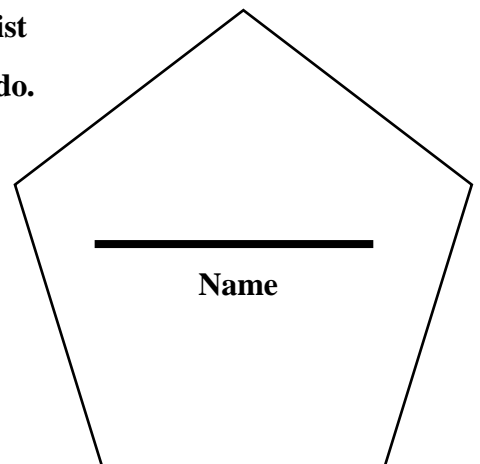
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Abundance can be destructive because it abstracts the value of things. The more we have, the less we seem to value what we've got. And if the abstraction of stuff makes us value it less, imagine what it does to our relationships.

-Simon Sinek, Leaders Eat Last

WEEK 4**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

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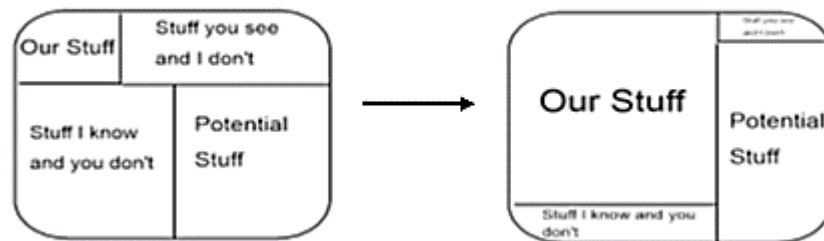
“The only thing that is truly significant about today, or any other day, is who you become in the process. Each of us are building our own house. Sometimes you might think you are building for your school, your family, your company, or your team, but you are always building your own house... I hope you build wisely.”

— Joshua Medcalf

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

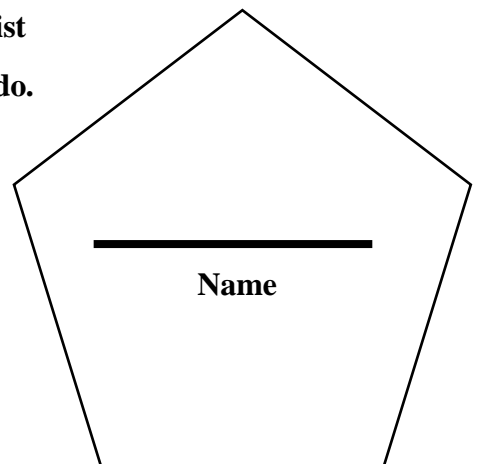
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“Vision without action is a dream. Action without vision is a nightmare.”

— James Kerr, Legacy

WEEK 5**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

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Relational Skills: govern the relationship you have with others.

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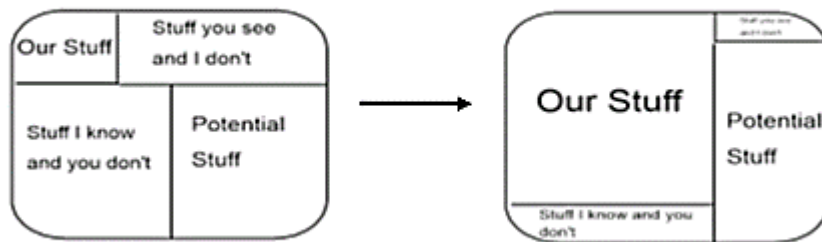
“Every person and every team will be tested on their journey. It is part of the curriculum of life. It’s just like riding a bicycle. In the beginning you’re going to fall off and get knocked down but the important thing is to get back on, stay strong, and after a while once you master it you’ll ride with the confidence of a champion.”

-Jon Gordon, Energy Bus

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

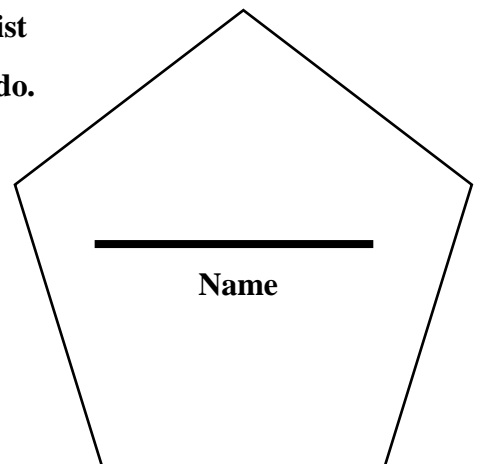
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“You cannot kindle a fire in any other heart until it is burning within your own.”
— John C. Maxwell, The 21 Irrefutable Laws of Leadership

WEEK 6**Commit to 1% Stronger**

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Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

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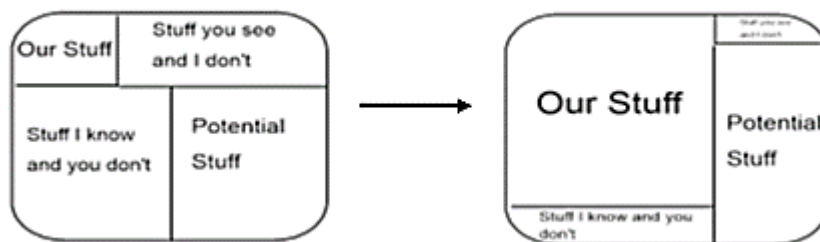
“The person at the top of the mountain didn’t fall there, greatness always looks easy to those who aren’t around while all the training happens.”

-Joshua Medcalf, Chop Wood Carry Water

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

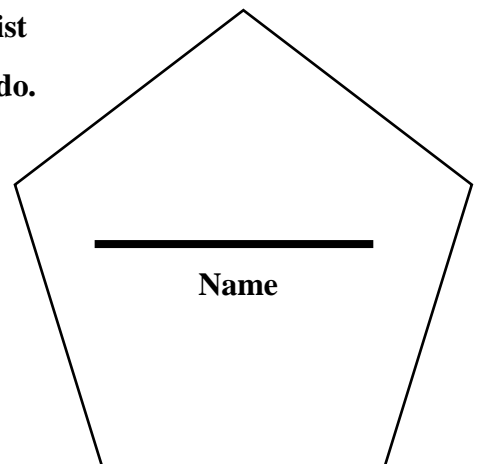
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“Positive energy is like muscle. The more you use it the stronger it gets. The stronger it gets the more powerful you become. Repetition is the key and the more you focus on positive energy the more it becomes your natural state.”

-Jon Gordon, Energy Bus

WEEK 7**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

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Relational Skills: govern the relationship you have with others.

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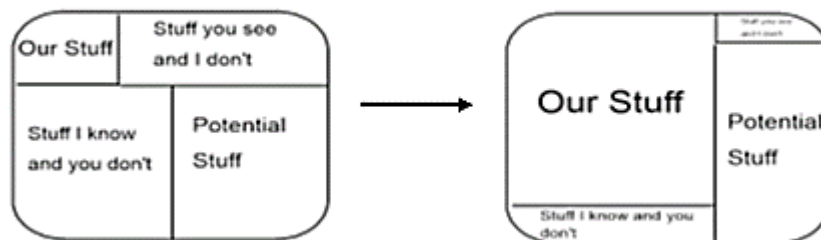
“When the people have to manage dangers from inside the organization, the organization itself becomes less able to face the dangers from outside.”

-Simon Sinek, Leaders Eat Last

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

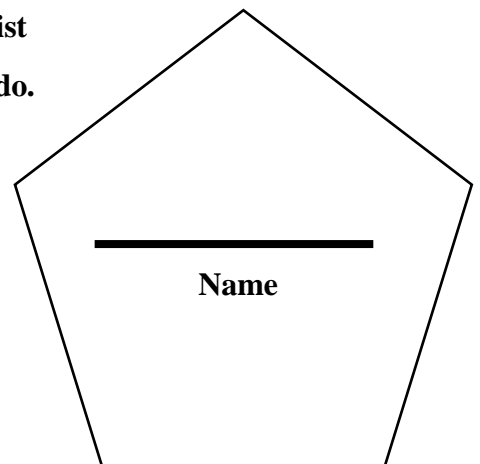
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to remind yourself to find value in who you are, not what you do.



“Meditation is training your mind for life. It’s training you mind to be comfortable in uncomfortable situations.”

-Mike Lee, Un/Train

WEEK 8**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

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Relational Skills: govern the relationship you have with others.

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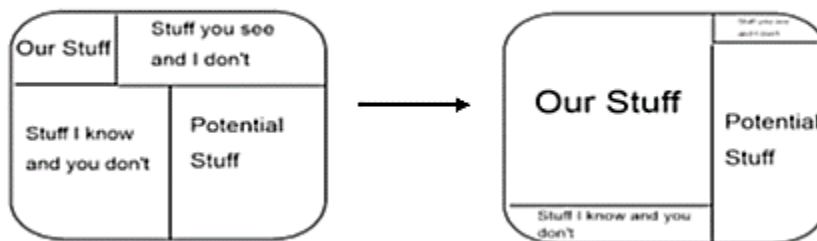
“The sweet spot: that productive, uncomfortable terrain located just beyond our current abilities, where our reach exceeds our grasp. Deep practice is not simply about struggling; it's about seeking a particular struggle, which involves a cycle of distinct actions.”

— Daniel Coyle, The Talent Code

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

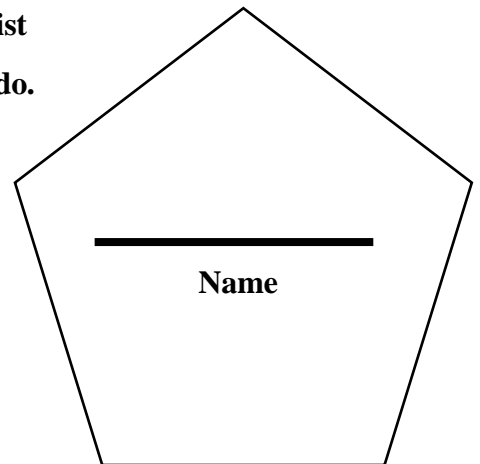
List out 3 things that went well today

1. _____
2. _____
3. _____

EKG List - Below, list out at least three people that deserve your appreciation.

- 1.
- 2.
- 3.

Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.



"You fuel your heart with six things: what you watch, what you read, what you listen to, who you surround yourself with, how you talk to yourself, and what you visualize."

-Joshua Medcalf, Chop Wood Carry Water

WEEK 9**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

hardworking, competitive, positive, focused, accountable, courageous, resilient, confident, enthusiastic, disciplined, motivated, creative, curious

Relational Skills: govern the relationship you have with others.

Unselfish, honest, respectful, appreciative, humble, patient, loyal, trustworthy, trust-willing, encouraging, socially aware, caring, empathetic

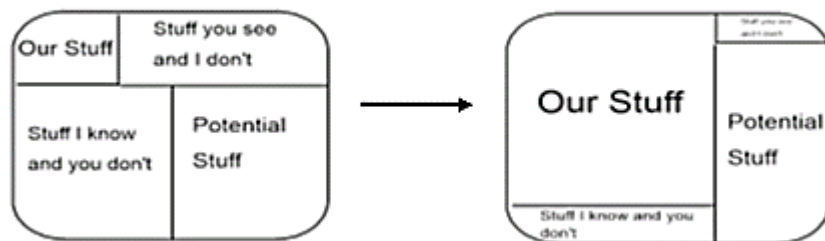
“Repetition. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens—and when it happens, it lasts,” John Wooden wrote in The Wisdom of Wooden.”

— Daniel Coyle, The Talent Code

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

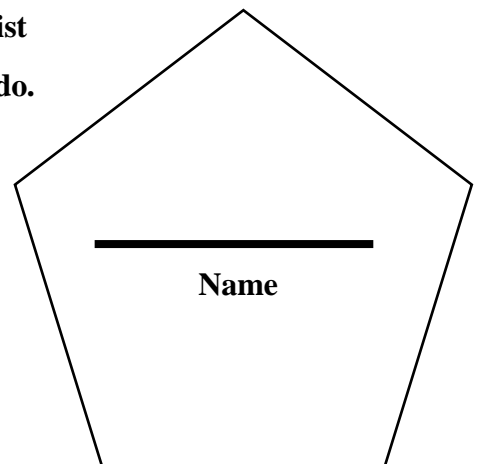
List out 3 things that went well today

1. _____
2. _____
3. _____

EKG List - Below, list out at least three people that deserve your appreciation.

- 1.
- 2.
- 3.

Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.



“Purpose is the ultimate fuel for our journey through life. When we drive with purpose we don’t get tired or bored and our engines don’t burn out.”

-Jon Gordon, Energy Bus

WEEK 10

Commit to 1% Stronger

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

hardworking, competitive, positive, focused, accountable, courageous, resilient, confident, enthusiastic, disciplined, motivated, creative, curious

Relational Skills: govern the relationship you have with others.

Unselfish, honest, respectful, appreciative, humble, patient, loyal, trustworthy, trust-willing, encouraging, socially aware, caring, empathetic

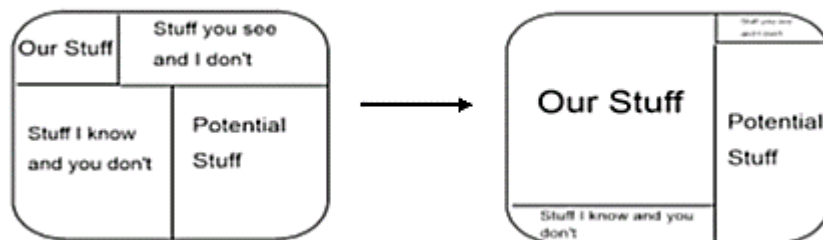
“Aim with everything”

-Joshua Medcalf, Chop Wood Carry Water

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

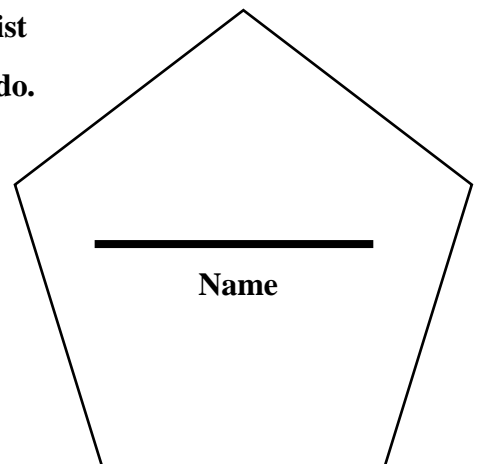
List out 3 things that went well today

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2. _____
3. _____

EKG List - Below, list out at least three people that deserve your appreciation.

- 1.
- 2.
- 3.

Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.



The key to strong peer-to-peer interaction is a high level of trust. This is trust in the sense of safe vulnerability. The leaders need to create an environment where individuals get to know each other as people and gather insight into their personal story and working style. This needs to be supported by the leader's role-modelling behavior around admission of mistakes and weaknesses and fears . . . This is essential for safe conflict and safe confrontation, where the most important interaction often occurs.”

— James Kerr, Legacy

WEEK 11**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

hardworking, competitive, positive, focused, accountable, courageous, resilient, confident, enthusiastic, disciplined, motivated, creative, curious

Relational Skills: govern the relationship you have with others.

Unselfish, honest, respectful, appreciative, humble, patient, loyal, trustworthy, trust-willing, encouraging, socially aware, caring, empathetic

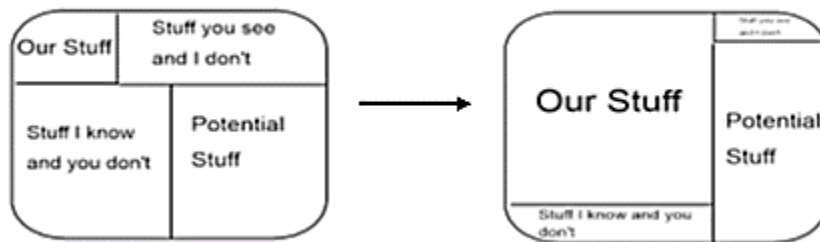
“When people respect you as a person, they admire you. When they respect you as a friend, they love you. When they respect you as a leader, they follow you.”

— John C. Maxwell, The 21 Irrefutable Laws of Leadership

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

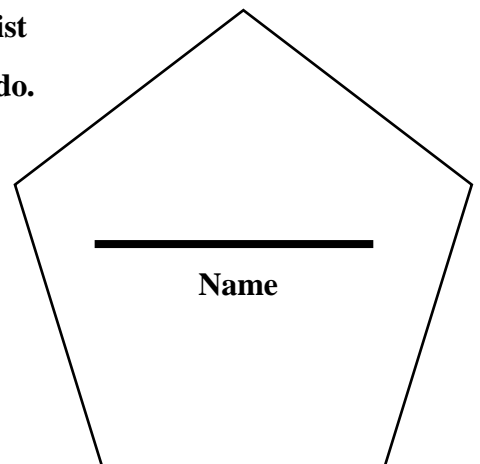
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- 1.
- 2.
- 3.

Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.



“When you fuel up with purpose you find the excitement in the mundane, the passion in the everyday, the extraordinary in the ordinary.”

-Jon Gordon, Energy Bus

WEEK 12

Commit to 1% Stronger

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

hardworking, competitive, positive, focused, accountable, courageous, resilient, confident, enthusiastic, disciplined, motivated, creative, curious

Relational Skills: govern the relationship you have with others.

Unselfish, honest, respectful, appreciative, humble, patient, loyal, trustworthy, trust-willing, encouraging, socially aware, caring, empathetic

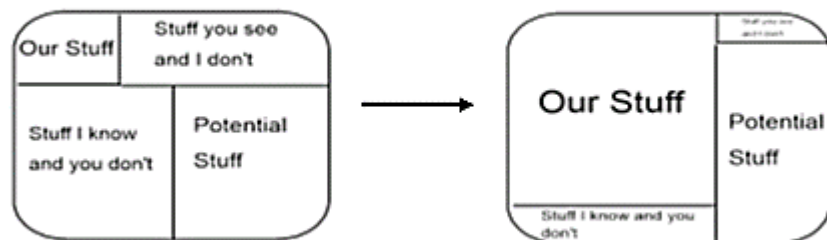
“What you do speaks so much louder than what you actually say. The people you lead may hear what you say, but will feel your attitude.”

-Mike Lee, Un/Train

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

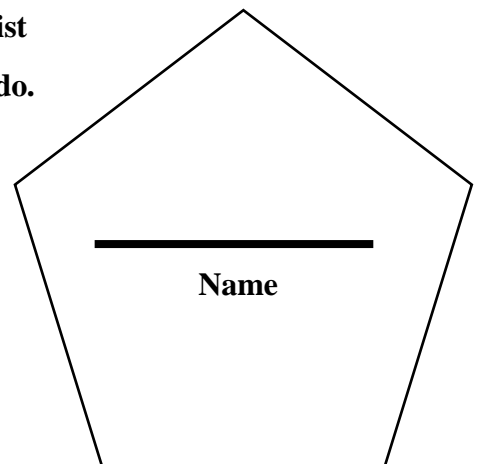
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EKG List - Below, list out at least three people that deserve your appreciation.

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- 3.

**Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.**



The best legacy you could leave is not some building that is named after you or a piece of jewelry but rather a world that has been impacted and touched by your presence, your joy, and your positive actions.

-Jon Gordon, Energy Bus

WEEK 13**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

hardworking, competitive, positive, focused, accountable, courageous, resilient, confident, enthusiastic, disciplined, motivated, creative, curious

Relational Skills: govern the relationship you have with others.

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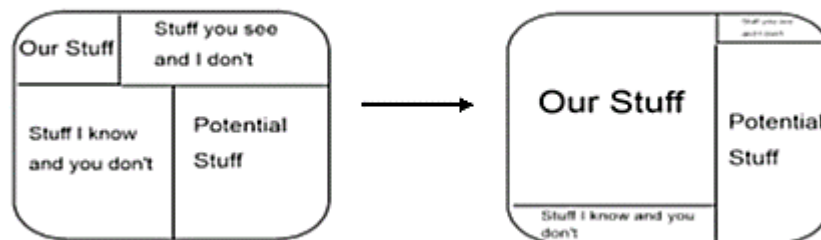
“Pressure is expectation, scrutiny and consequence,’ says Gilbert Enoka. ‘Under pressure, your attention is either diverted or on track. If you’re diverted, you have a negative emotional response and unhelpful behaviour. That means you’re stuck. That means you’re overwhelmed.’ On the other hand, if your attention is on track you have situational awareness and you execute accurately. You are clear, you adapt and you overcome.”

— James Kerr, Legacy

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

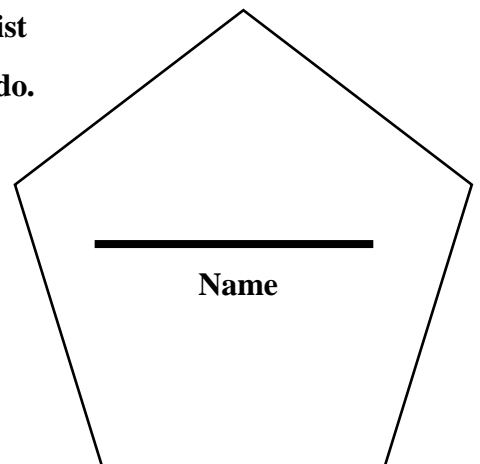
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EKG List - Below, list out at least three people that deserve your appreciation.

- 1.
- 2.
- 3.

Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.



“You need to work as hard to be a great teammate as you do to be a great player.”

-Jon Gordon, Energy Bus

WEEK 14**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

Performance Skills: govern the relationship you have with yourself.

hardworking, competitive, positive, focused, accountable, courageous, resilient, confident, enthusiastic, disciplined, motivated, creative, curious

Relational Skills: govern the relationship you have with others.

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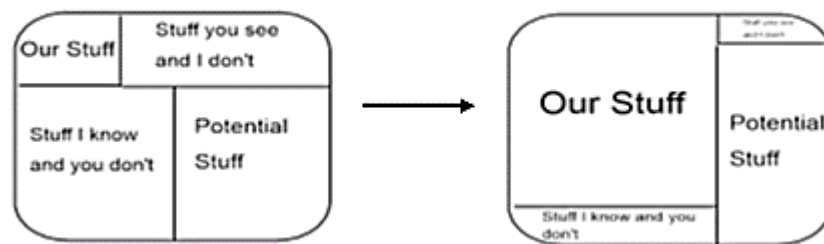
“Quite often, what’s good for one is not necessarily good for the other. Working exclusively to advance ourselves may hurt the group, while working exclusively to advance the group may come at a cost to us as individuals”

-Simon Sinek, Leaders Eat Last

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

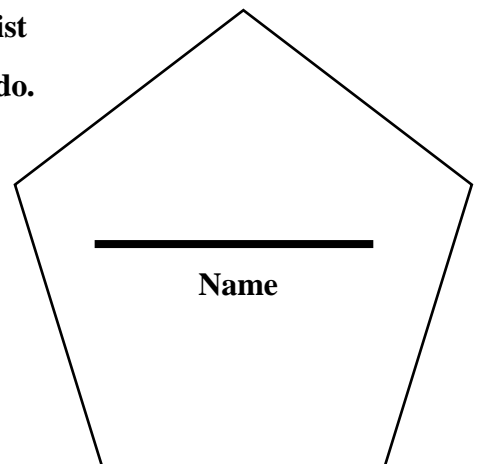
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EKG List - Below, list out at least three people that deserve your appreciation.

- 1.
- 2.
- 3.

**Take a break from your to-do list and write out your TO-BE list
to remind yourself to find value in who you are, not what you do.**



“The higher you want to climb, the more you need leadership. The greater the impact you want to make, the greater your influence needs to be.”

— John C. Maxwell, The 21 Irrefutable Laws of Leadership

WEEK 15**Commit to 1% Stronger**

Below, write out your mission and list where you are trying to get stronger personally, mentally and physically. Then write out, specifically, what you will commit to in order to get stronger and from whom you plan to receive feedback along your journey. At the bottom is a reminder of those commitments that are non-negotiable. WE need you to take care of your recovery.

Mission: _____

Relational Skill	
Commitment	
Feedback	

Performance Skill	
Commitment	
Feedback	

Recovery Scores – Write out a 1 if you are nailing this or a 0 if it needs more attention.

sleep__ nutrition__ hydration__ phone__ laugh/think/cry__

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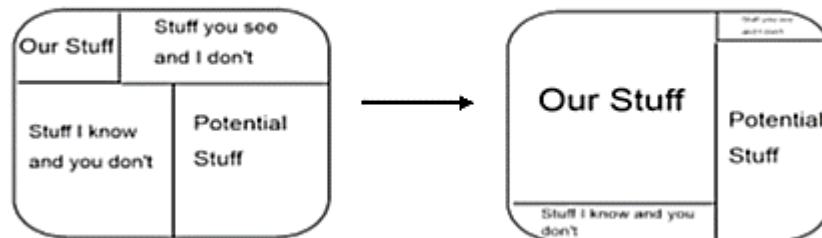
“Personal meaning is the way we connect to a wider team purpose. If our values and beliefs are aligned with the values and beliefs of the organization, then we will work harder towards its success. If not, our individual motivation and purpose will suffer, and so will the organization.”

— James Kerr, *Legacy*

MENTAL SKILLS VULNERABILITY REFLECTION & DISCUSSION

Prompt:_____

Self-Reflection:_____



With whom did you share and discuss this prompt?

Takeaways after discussions?

Strength Journal

DATE _____

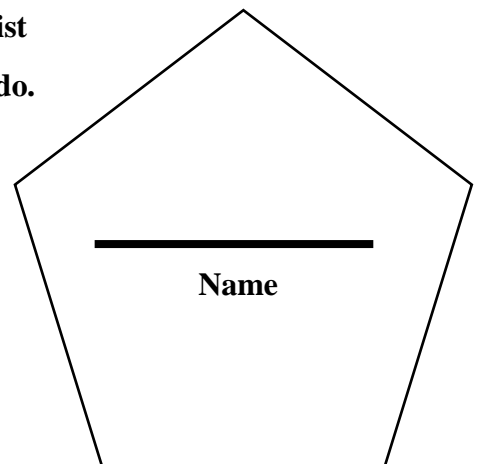
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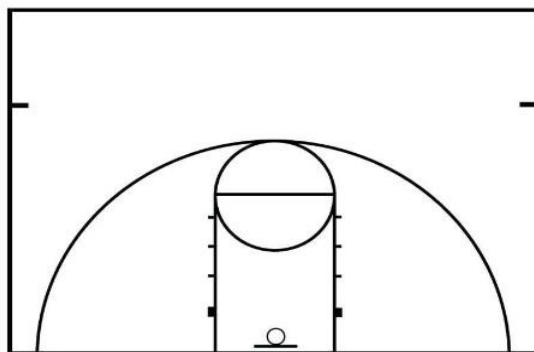
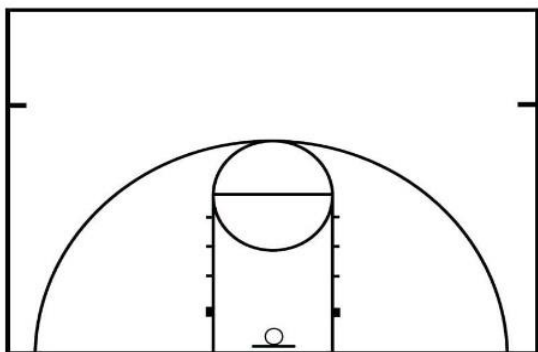
- 1.
- 2.
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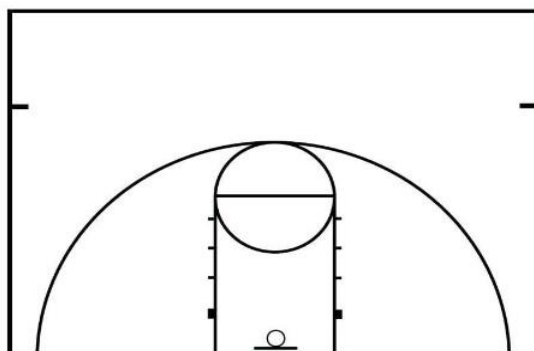
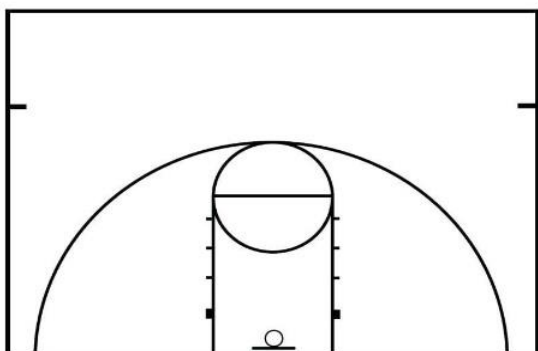
Take a break from your to-do list and write out your TO-BE list
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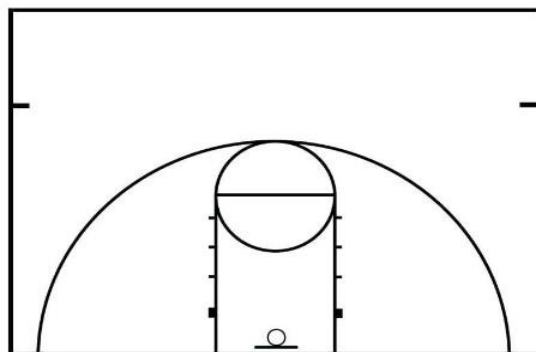
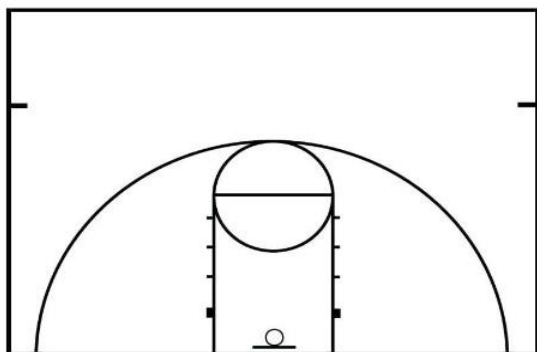
“You will become clever through your mistakes. —German proverb”
— Daniel Coyle, The Talent Code

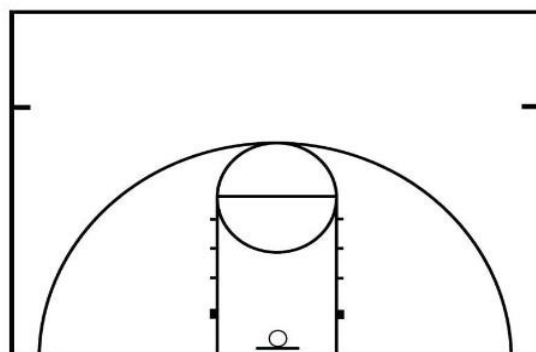
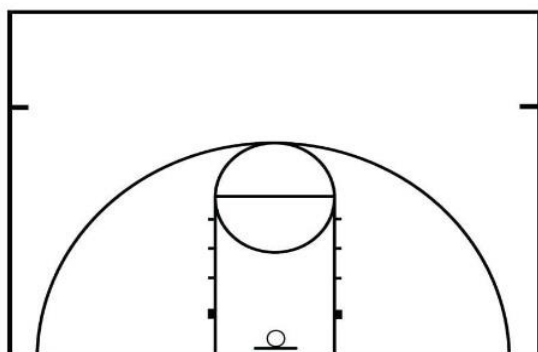
DRILLS - NOTES



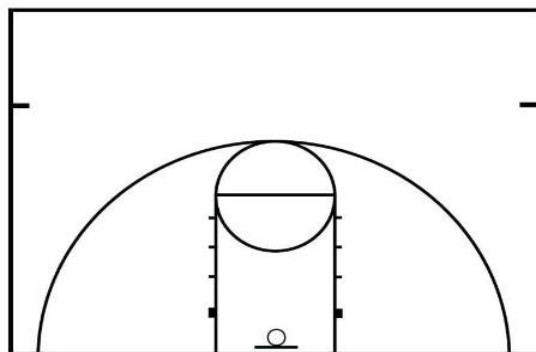
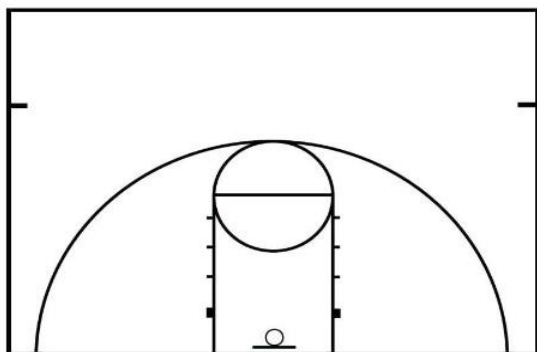


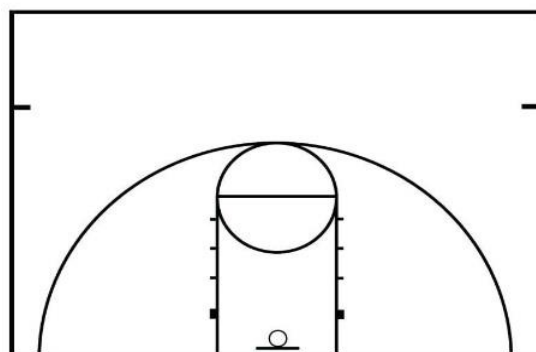
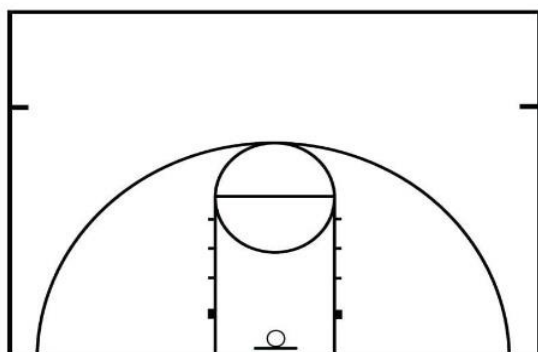
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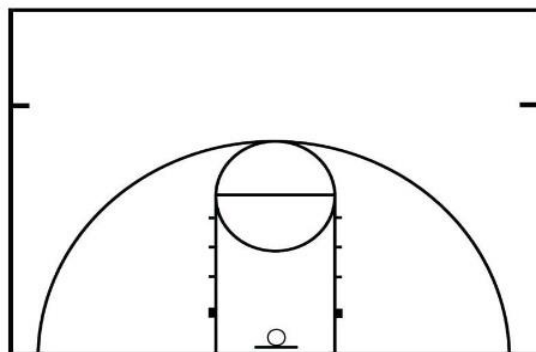
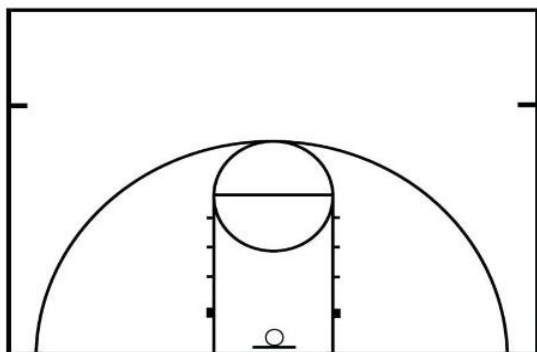


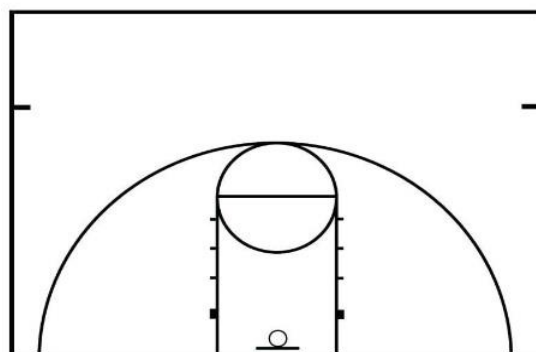
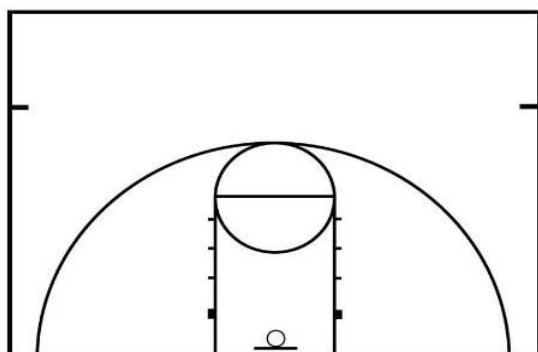
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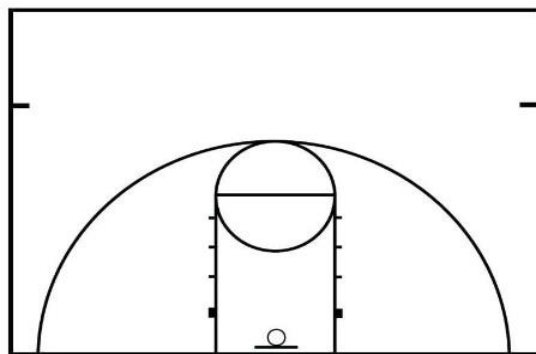
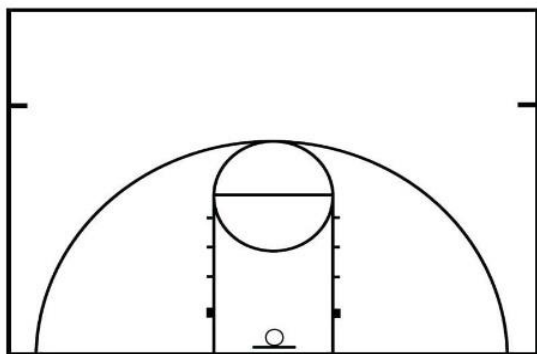


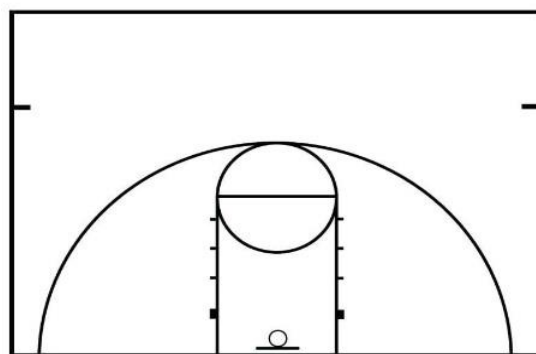
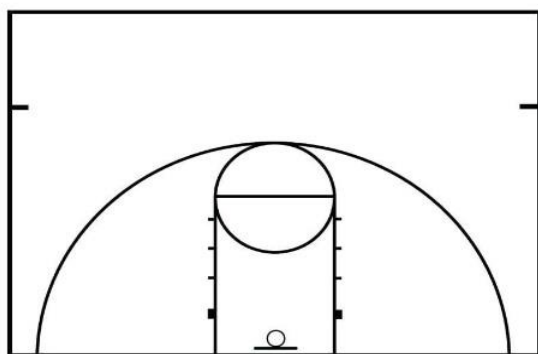
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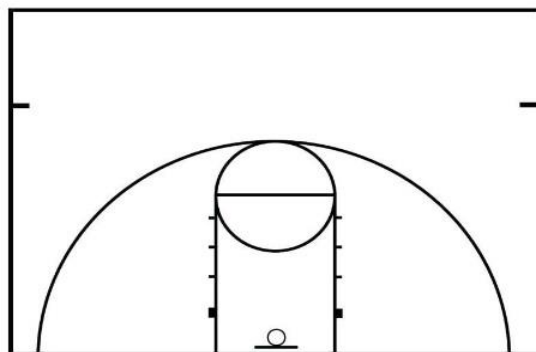
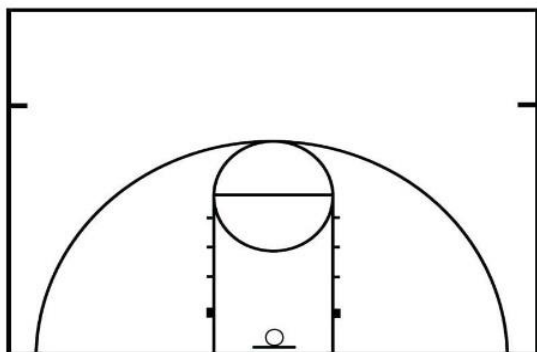


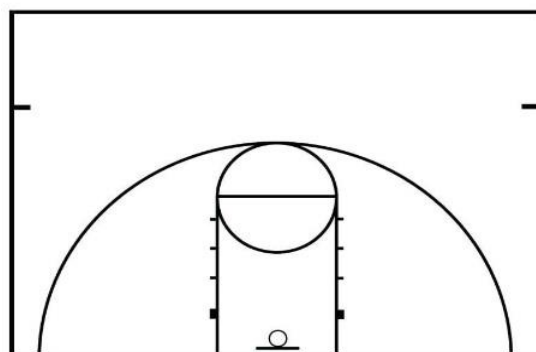
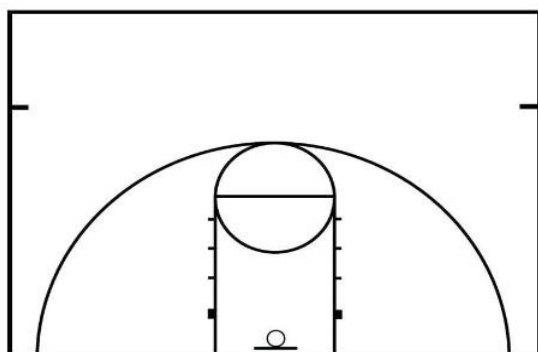
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DRILLS - NOTES

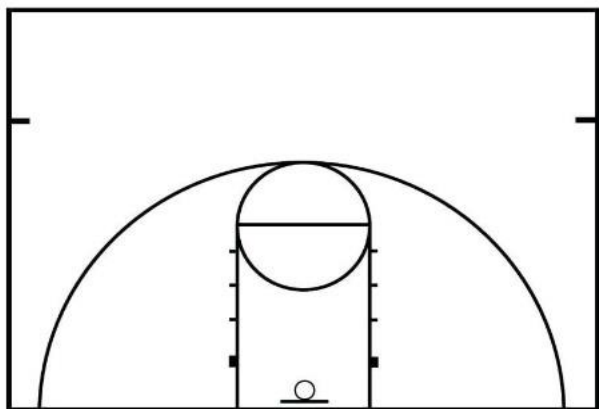




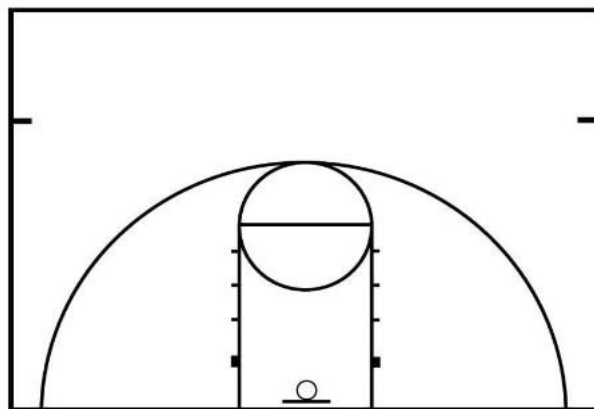
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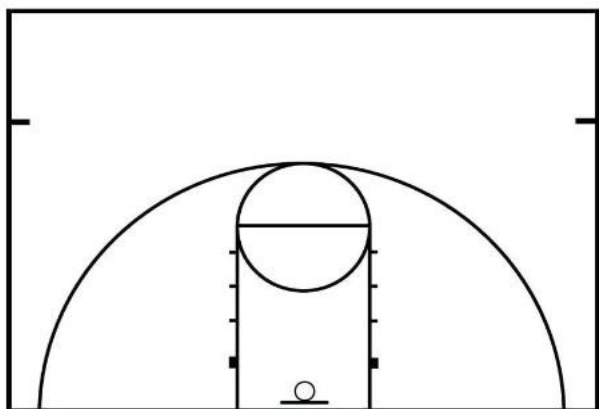
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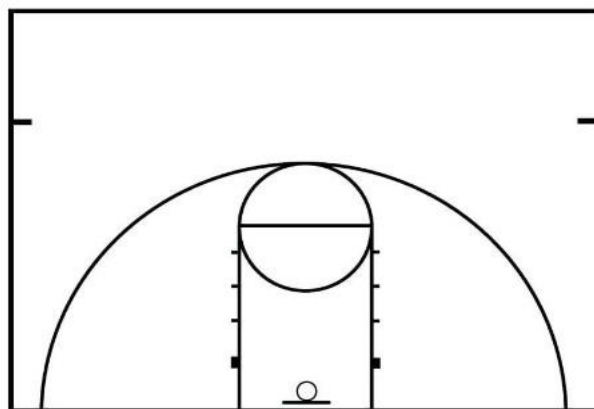
1 Notes _____



2 Notes _____



3 Notes _____

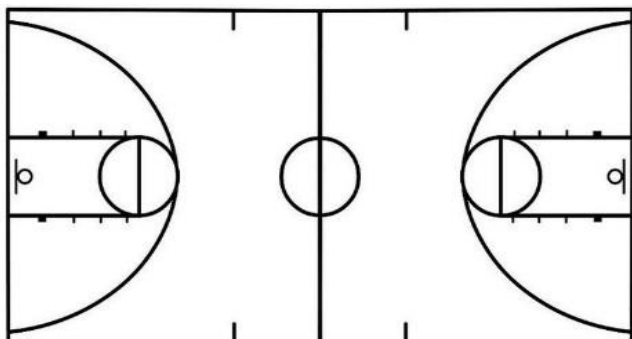


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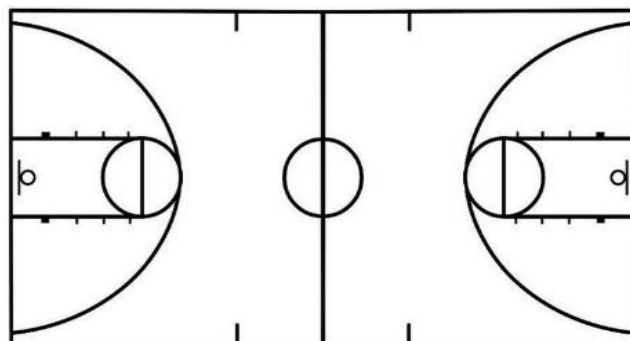
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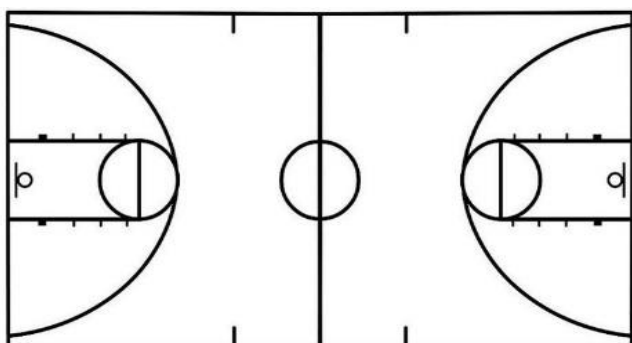
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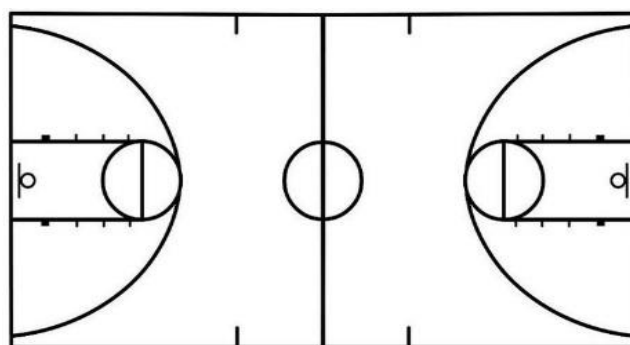
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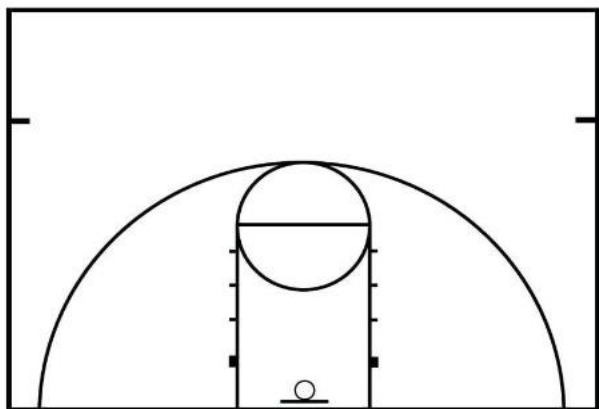


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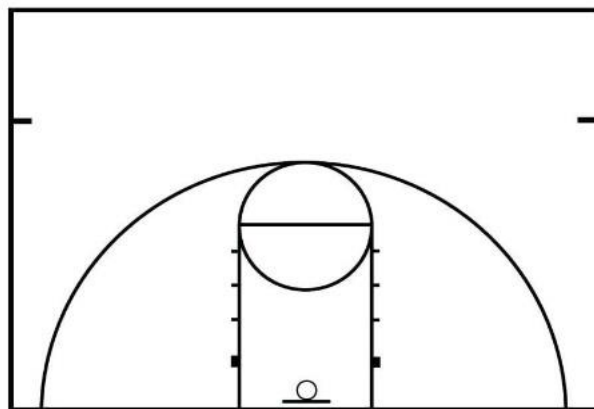
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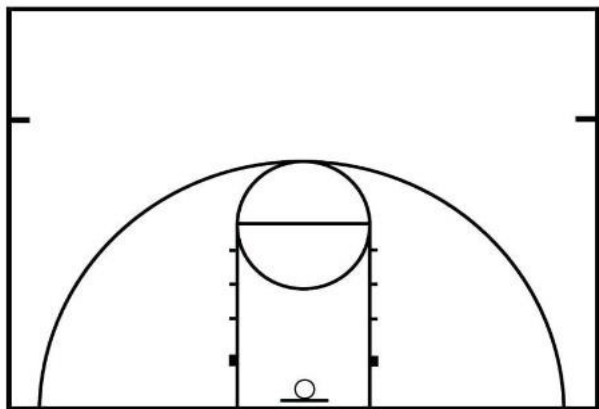
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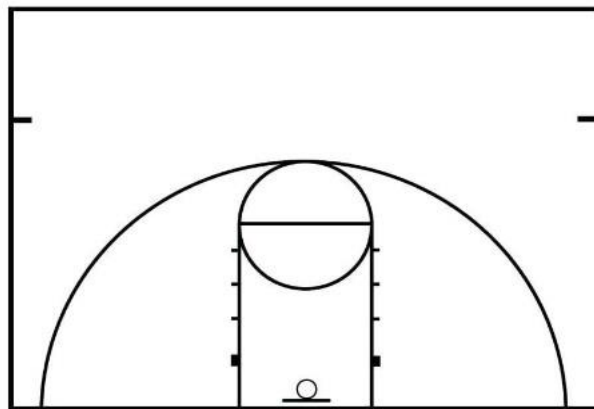
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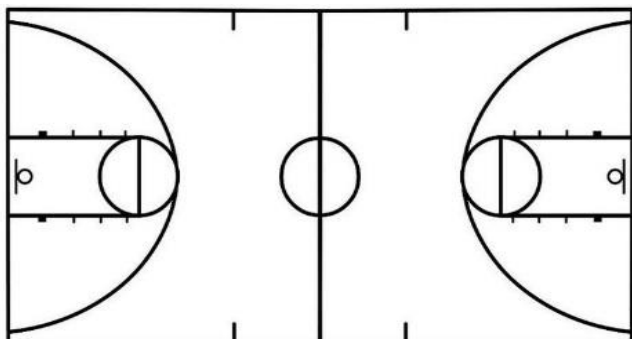


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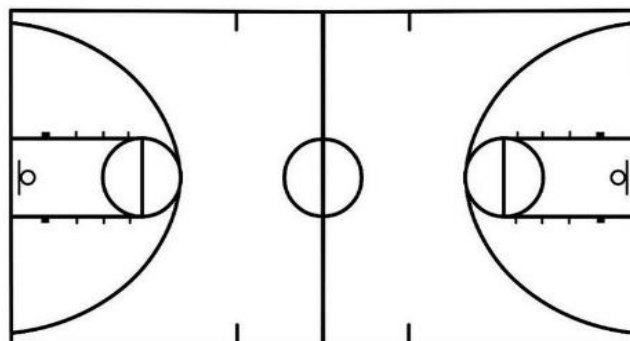
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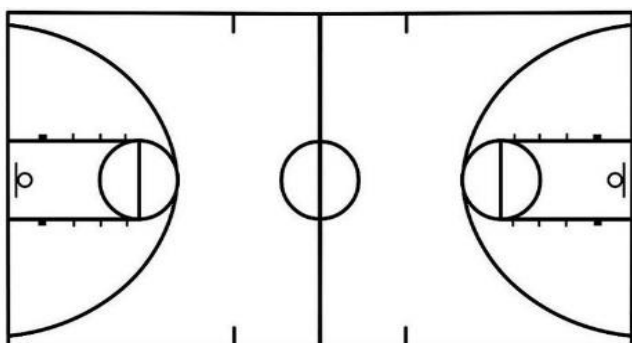
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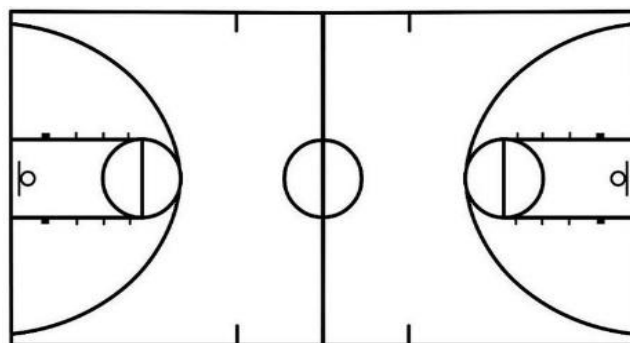
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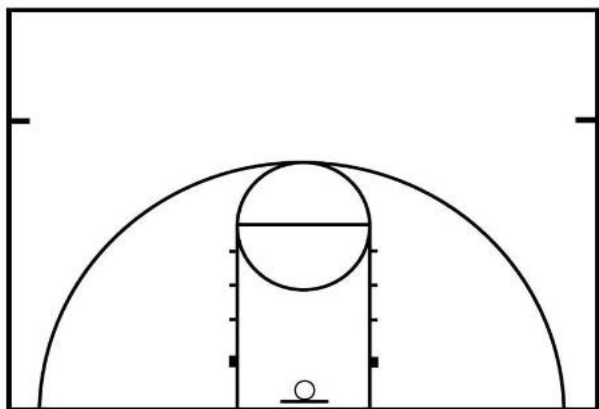


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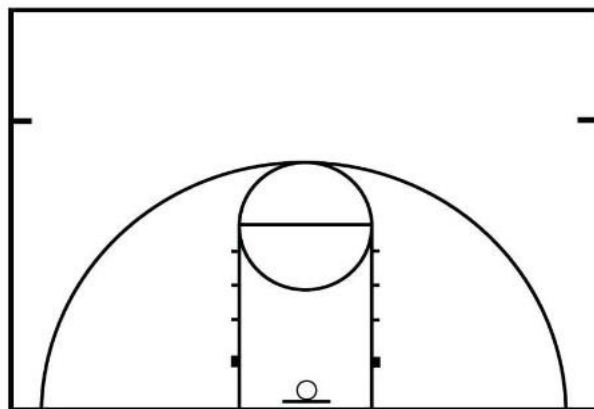
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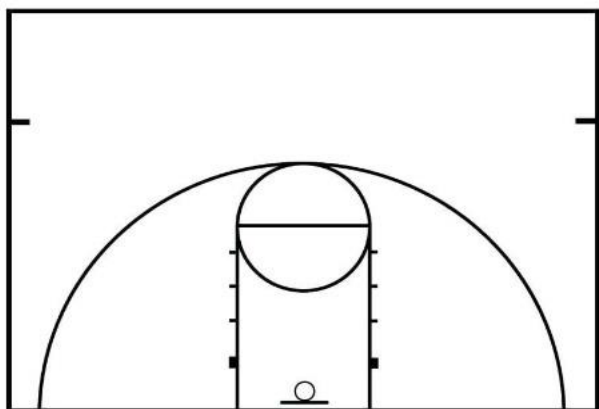
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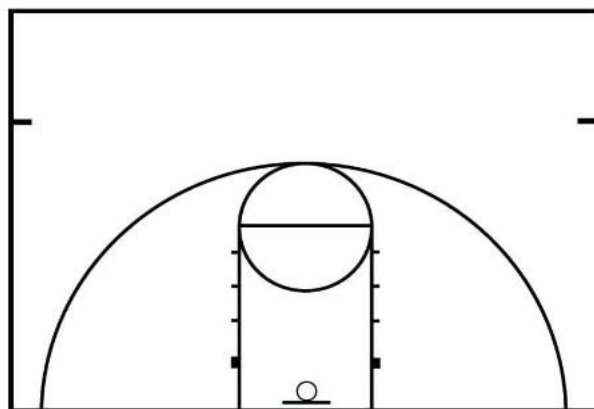
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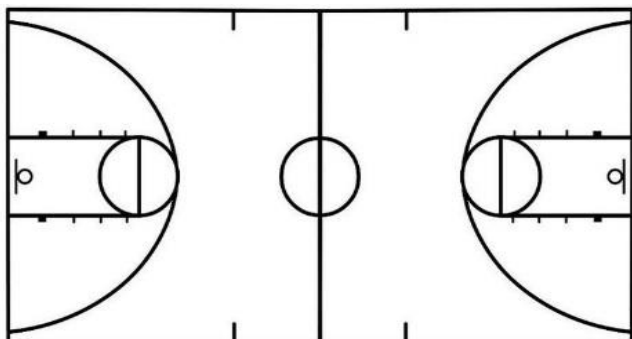


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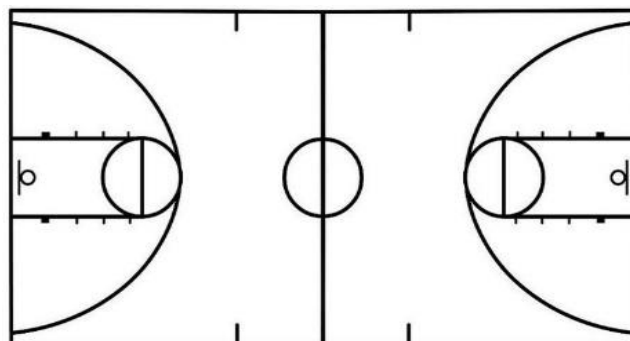
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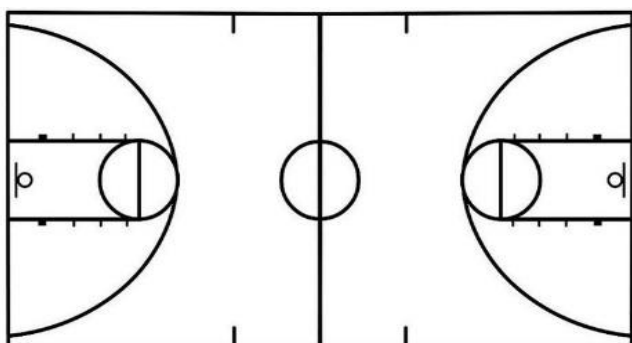
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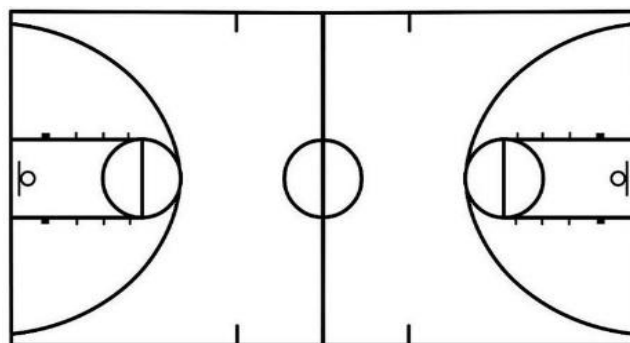
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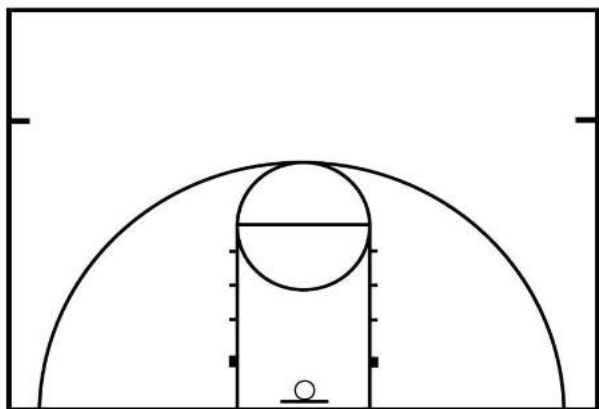


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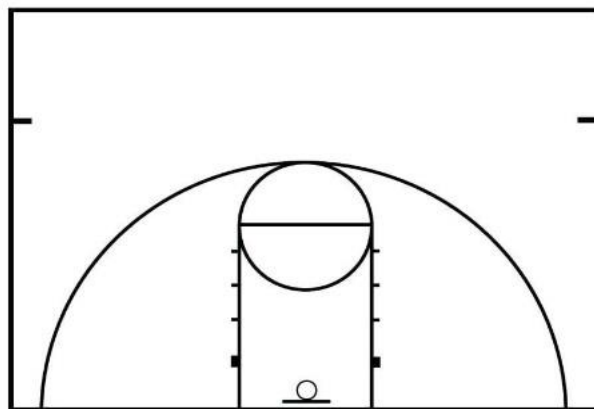
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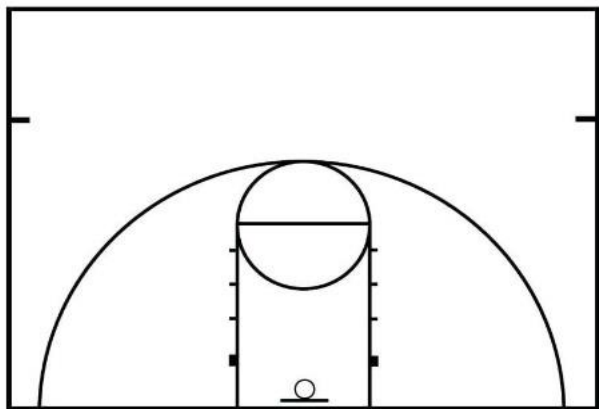
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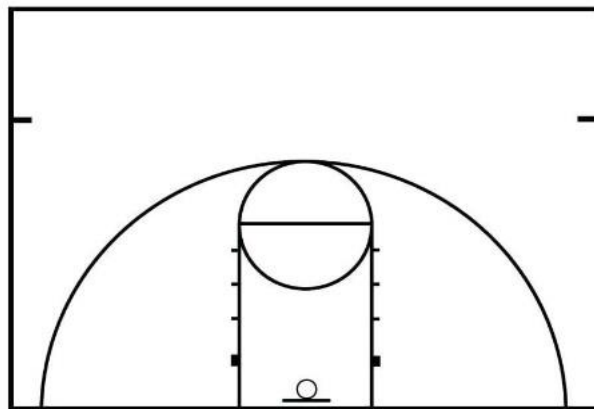
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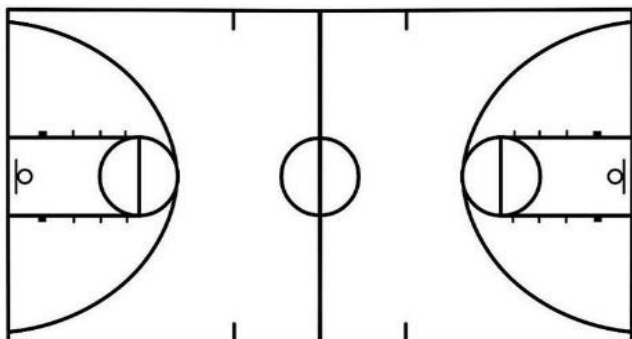


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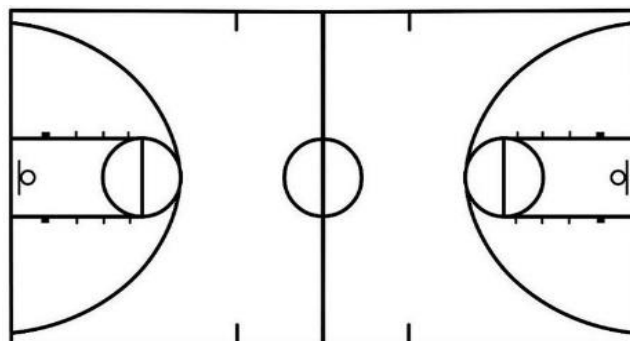
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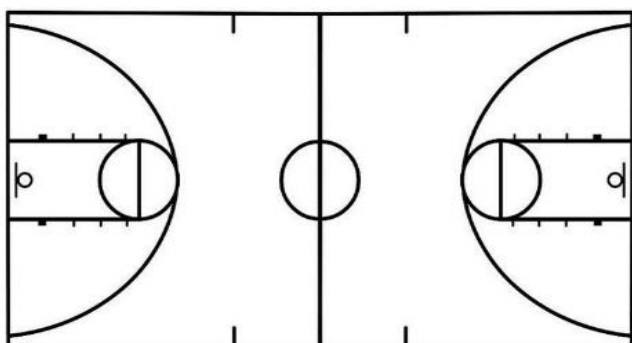
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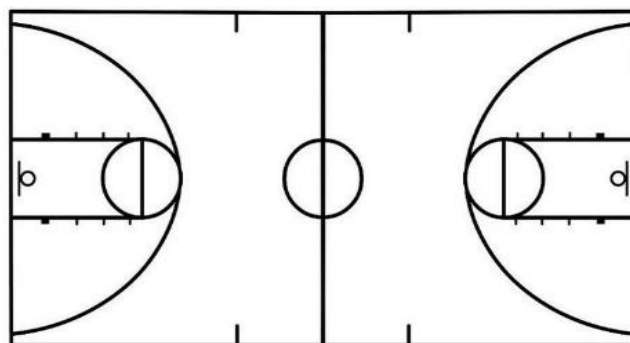
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OTHER NOTES:

1. We play for each other (We > me)

You might already have a bigger purpose in your life for playing basketball and that is great. Regardless, a “why” that will always bring great results to you in this program is your teammates. When you decide to have Stage 4 Responses and work for your teammates your experience in this program will immediately improve and so will everyone else’s. You will dedicate a lot of time to Arrowhead Girls Basketball these next four years. When you put this much time into something in life it is really important you understand why you are doing it. Selfish, Stage 3, “whys” such as playing time, scoring points, all conference, all state or even winning will lead to an undesirable experience.

“Being human always points, and is directed, to something, or someone, other than oneself. The more one forgets herself – by giving herself to another cause to serve or another person to love – the more human she is and the more she actualizes herself...Self-actualization, that is being able to access the best version of yourself, is only possible as a side-effect of self-transcendence.” – **Viktor Frankl**



This symbol reminds us how important the “huddle” is for us. We huddle to celebrate, be on the same page, and remind each other of what matters most: the love we have for one another.

2. We work hard

Everyone in our program (players, managers, coaches) will work abnormally hard. Winning depends on so much more than you and your team. However, “deserving to win” is all on us. We will prepare and work in such a way that when we walk on the floor we will always feel like we deserve to win that game.

“When we work exceptionally hard at something we are passionate about you will be surprised how much the universe will conspire in our favor.” – **Paulo Coelho in The Alchemist**



Work never stops for a worker bee. Their extraordinary efforts produce about a thimbleful of honey a week. Like worker bees, we work with extraordinary consistency, commitment, and focus.

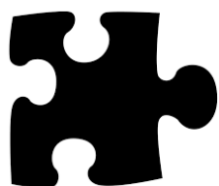
3. We are noble - When we don’t play as much as we would like we still support the team and its mission.

We will be remarkably **noble**, self-sacrificing, and generous always putting the team before the self. This is a great example of a Stage 4 Response. Everyone has a role. It is our responsibility to know this role and ensure it gets done. There are many other roles critical to the experience other than the five playing on the floor. And when we do play, we nobly respect those who are not.

“If there is a meaning in life at all, then there must be a meaning in suffering. Suffering is an ineradicable part of life, even as fate and death. Without suffering and death human life cannot be complete. The way in which a man accepts his fate and all the suffering it entails, the way

in which he takes up his cross, gives him ample opportunity – even under the most difficult circumstances – to add a deeper meaning to his life. It may remain brave, dignified and unselfish. Or in the bitter fight for self-preservation he may forget his human dignity and become no more than an animal. Here lies the chance for a man either to make use of or to forgo the opportunities of attaining the moral values that a difficult situation may afford him. And this decides whether he is worthy of his sufferings or not.”

Viktor E. Frankl *Man’s Search for Meaning.*



Let this puzzle piece be a reminder to us that while we are a part of a much larger picture and that picture is not complete with you.

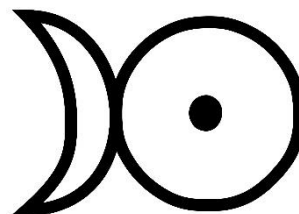
4. We choose to be positive – We don’t whine

We will enhance every environment in which we find ourselves. We do this with our communication, both verbal and non-verbal. When someone speaks to us, we will respond (Talk – Talk Back). Stage 2 and 3 Responses will enter our minds, no doubt. When this happens we will press pause, breathe and get our minds right. We never complain about anything on or off the court. We most definitely do not freak out over ridiculous issues or live in fragile states of emotional catharsis or create crises where none should exist. The best example is the even-keeled stoic that is forever unflappable and resilient. The worst example is the “over-bred dog,” or that high maintenance, overly sensitive “flower” that becomes unstable or volatile over nothing significant.

“What an extraordinary place of liberties the West really is...exempt from many of the

*relentless physical and social obligations necessary for a traditional life for survival, they become spoiled and fragile like over-bred dogs; neurotic and prone to a host of emotional crises elsewhere.” – Jason Elliot, **An Unexpected Light: Travels in Afghanistan***

*“The true joy in life is to be a force of fortune instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.” - **George Bernard Shaw***



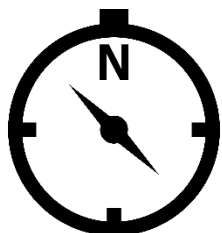
The alchemy symbol for platinum is revered for its endurance. Platinum is a beautiful and corrosion-resistant metal that represents determination, grit, and seeing our manifestations to completion. Like platinum we grind through struggles with elegance and we find the opportunity to shine even through difficult situations.

5. We are well led

This is that verbal leader on the floor that is making it clear to the ENTIRE gym that she is willing to do whatever is necessary for her team to be victorious. This galvanizing figure competes at ALL times and holds everyone around her to the highest standards while she pushes her teammates to give their all that night.

It is important that we understand that leadership is an action that is very much reciprocal. Not only do we need to be led but we also have to allow ourselves to be led. We have to let leadership in. For leadership to be effective it is necessary we understand this two-way street.

“The very essence of leadership is its purpose. And the purpose of leadership is to influence others to accomplish a task. We do this through serving others – and WHAT IT DOES IS MORE IMPORTANT THAN WHO IT IS OR HOW IT LOOKS.” **Unknown**



The magnetic compass was an important advance in navigation because it allowed mariners to determine their direction even if clouds obscured their usual paths. Similar to the magnetic compass, we have developed our internal compasses to navigate and guide us as leaders through unfamiliar terrain. We study, discuss, and practice leadership on and off the court. We make a habit of good leadership practices to further enhance our internal compass.

6. We are grateful

This is that humble, gracious high-achiever that is **grateful** for everything that she has been given in life, and has a contagious generosity and optimism that lights up a room just by walking into it. Moreover, Gratitude requires us to be present and this mindset requires practice. We will practice Stage 5 Responses every day.

“Finally there is the question of whether we have a duty to feel grateful. Undreds of generations who came before us lived dire, short lives, in deprivation or hunger, in ignorance or under oppression or during war, and did so partly motivated by the dream that someday there would be men and women who lived long lives

in liberty with plenty to eat and without fear of an approaching storm.

Suffering through privation, those who came before us accumulated the knowledge that makes our lives favored; fought the battles that made our lives free; physically built much of what we rely on for our prosperity; and, most important, shaped the ideals of liberty. For all the myriad problems of modern society, we now live in the world our forebears would have wished for us—in many ways, a better place than they dared imagine. For us not to feel grateful is treacherous selfishness.

Failing to feel grateful to those who came before is such a corrosive notion, it must account at some level for part of our bad feelings about the present. The solution—a rebirth of thankfulness—is in our self-interest”.

Gregg Easterbrook, *The Progress Paradox*

“True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.” – **Seneca**

5

We will practice the art of Stage 5 living every day.

7. We will always aim for the highest cloud

In basketball, it goes without saying that we want to win every competition in which we find ourselves. Conference championships, state appearances and state titles are natural bi-products of our competitive natures. However, basketball must be seen as a means to an end not the end itself. We want our lives to be never ending ascensions and we can use basketball as a vehicle in which we learn how to do this.

“A woman retired after 35 years of work and was asked the following question: Do you actually have 35 years of experience and wisdom in your profession or do you have one year of experience repeated 35 times? We should all consider this question as we move through life’s activities.” - Unknown

改善

Symbol for “Kaizen,” the Japanese word for improvement. It is much more than a word, however. It is a philosophy of continuous improvement in both your life and the lives around you. We will continue to transcend our boundaries and limits in life.

8. We will enhance the legacy – and be great ancestors

This is the quintessential Stage 4 approach. A complete understanding that this experience is so much bigger than just you. The jersey you are wearing was the jersey of a former Warhawk that dedicated a good portion of her life making our program a force. It is your responsibility to not only carry that tradition with you as you wear the jersey but also to leave it in a better place. Moreover, when you put that jersey on you will fully understand and appreciate that this is your time and this time is NOT coming back. In this way we will understand the fragility of life and, more specifically, this experience.

We will plant trees that we will never see knowing full well that future Warhawks will play in the shade of these trees. We are but a speck in the moment of time situated between two eternities, the past and the future. We will live to the standards of the program and pass them on when it is our time.

“OUR LEGACY IS MORE INTIMIDATING THAN OUR OPPOSITION.” – James Kerr, Legacy



It is up to use to live up to the legacy that has been left for us and improve the experiences for those to follow after us. We are to be both the roots and the branches in the continuity between generations.