

# Wall Hawk Basketball



## Player Notebook

Name: \_\_\_\_\_

Core Value:  
**ONE TEAM**





## One Team

**“Play as hard as I can, to the best of my ability, for the person on my right and left; not for myself**

What does this mean to you?

How will this help us to be successful in 2014-2015?



There's nothing in the middle of the  
road but yellow stripes and dead  
armadillos

-Jim Hightower

What does this mean to you?

If you don't love to work and only give partial effort, what will our season look like?



"Nothing is as important as passion. No matter what you want to do with your life, be passionate.

-Jon Bon Jovi

What does it mean to be passionate?

List three things you are passionate about.



“Nothing great was achieved without  
enthusiasm”

-Ralph Waldo Emerson

What can you achieve without excitement, love, or motivation?

How do you show enthusiasm for basketball, schoolwork, your family etc...



“The only way to do great work is to love what you do.”

-Steve Jobs

List some things that you love, where does basketball fall on that list for you?

How difficult is it to remember your love of basketball when things get difficult?  
Practice, Sprints, Long Road Trip, etc...

# What We MUST Achieve



**Wall Hawk Varsity  
Basketball**





## What We MUST Achieve – Wall Hawk Basketball

### 1) Be Great Today

Why is effort and improvement so important every day?

“We become what we repeatedly do.” Comment on this quote. Do you agree or disagree? Why?



### What We MUST Achieve – Wall Hawk Basketball

- 1) Be Great Today
- 2) Have Fun!

Why is it important to have fun and work hard? Where does enthusiasm come into play in this MUST?

What are the ways our team has fun and also works hard?



### What We MUST Achieve- Wall Hawk Basketball

- 1) Be Great Today
- 2) Have Fun!
- 3) Play Through Mistakes

What is your first reaction when you make a mistake on the court?

Does anything good ever come from sulking or pouting about a mistake? What is the next best play you can make after a mistake?



**What We MUST Achieve – Wall Hawk Basketball**

- 1) Be Great Today
- 2) Have Fun!
- 3) Play Through Mistakes
- 4) Hawk Stops

What is a Hawk Stop?

How good can we be if we buy in on the defensive end? How important should defense be to us every day in practice?



### What We MUST Achieve – Wall Hawk Basketball

- 1) Be Great Today
- 2) Have Fun!
- 3) Play Through Mistakes
- 4) Hawk Stops
- 5) Play for Each Other-ONE TEAM

Playing for Each Other gives the players ownership. In what ways do you “own” this team?

Read John 13:1-17. How does Jesus washing the apostles feet relate to “Play for Each Other?”

# What we WANT to Achieve



## 2015 AAA State Basketball Championship

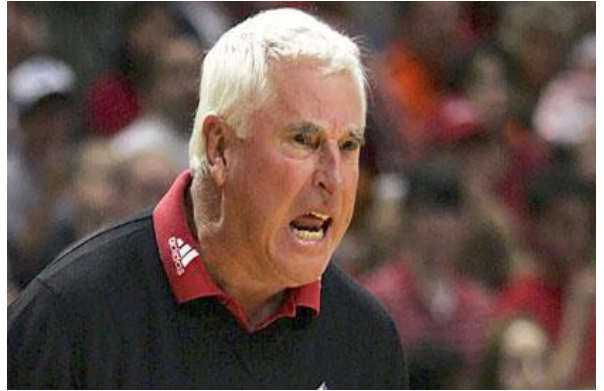
March 12-14 Alamodome-San Antonio, TX



# Toughness







“Mental toughness is to physical toughness as four is to one.”

-Bob Knight

What does this say about the importance of mental toughness?

How do you develop your mental toughness daily?





“Tough people fail, but tough people are not failures. The only failures are those who give up, or give in.”

-Jay Bilas

What does it mean to be tough to you?

What is a moment you can remember where you needed toughness on the court?



“Concentration and mental toughness  
are the margins of victory.”

-Bill Russell

Why are these two attributes so important?

What are some things you plan to concentrate on this year?



“Talent wins games, but toughness and intelligence wins championships.”

-Michael Jordan

How do we develop our toughness throughout the year? What about what we do is tough for you?

How do you get through those tough times? How does that training prepare you for games?



“In times like these it is good to remember that there have always been times like these.”

-Paul Harvey

No matter what situation you are in, there is hope for success. Write about a time you were really challenged as a player.

How did you respond, was it a good response? What could you have done better?

# Adversity





“You may encounter many defeats . . . it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it”

-Maya Angelou

What does this mean to you?

How are you going to respond to defeats in the classroom, practice, games, etc...



“If the road is easy, you are probably going the wrong way”

-Terry Goodkind

What does this quote tell you about the price of success?

When the road gets tough, who are you going to trust, lean on, count on?





“The love of what you are building has to be greater than the challenges you face”

-Unknown Author

What does this mean to you?

How do you show enthusiasm for basketball, schoolwork, your family etc...





“You will face your greatest opposition  
when you are closest to your biggest  
miracle”

-Shannon L. Adler

What does this mean to you?

How will you prepare yourself for your “greatest opposition?”



“You don’t drown by falling in the water,  
you drown by staying there”

-Edwin Louis Cole

List a few examples of what “Falling in the water” could be for us this year?

What do we do as a team when that happens? How do we respond to those adversities?

# Roles



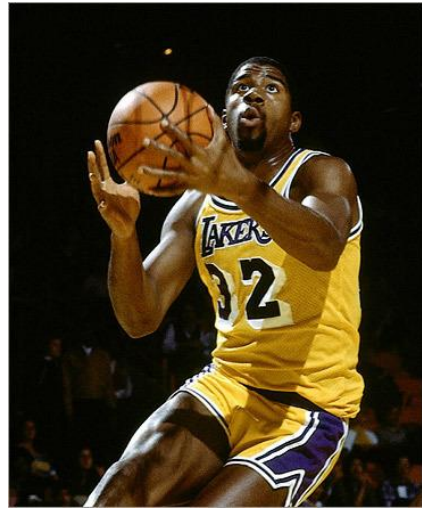


“Sometimes a players greatest challenge is coming to grips with his role on the team.”

-Scotty Pippen

What does this mean to you?

What do you think your role is for 2014-2015?



“Everybody on a championship team doesn’t get publicity, but everyone can say he’s a champion.”

-Magic Johnson

What does this mean to you?

What do you have to do this year to make Madison Basketball a Champion?



“At the end of the game, the pawn and the king go into the same box.”

-Unknown

How does this metaphor for chess apply to basketball?

What role do you feel is most important for us? The player who scores, rebounds, defends the best player, keeps the bench involved, etc... Why?



“Alone we can do little, together we can do so much.”

-Helen Keller

How does this apply to our team? Is the sum of our parts greater than the whole?

Imagine yourself on the basketball court alone against a team of 5 players. What happens? How frustrating would that be?





"To me, teamwork is the beauty of our sport, where you have five acting as one. You become selfless."

-Mike Krzyzewski

What does this mean to you?

List some of the ways we have "five acting as one"



# Sacrifice





"The best teams have chemistry. They communicate with each other and they sacrifice personal glory for the common goal."

-Dave DeBusschere

What does this mean to you?

How does it feel when you have to sacrifice something?

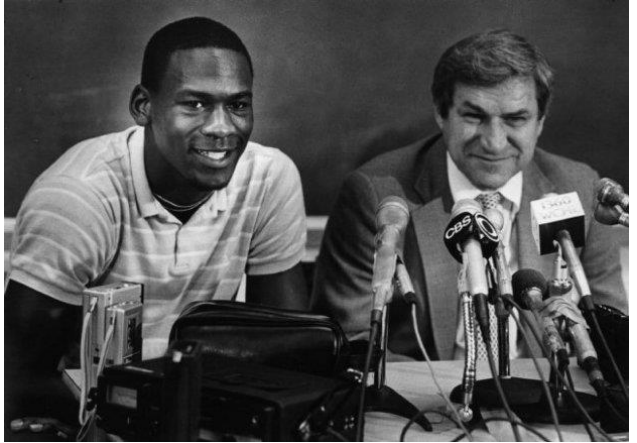


"They said you have to use your five best players but I found you win with the five who fit together the best."

-Red Auerbach

What does this mean to you?

How can you fit together better with your teammates on the court?

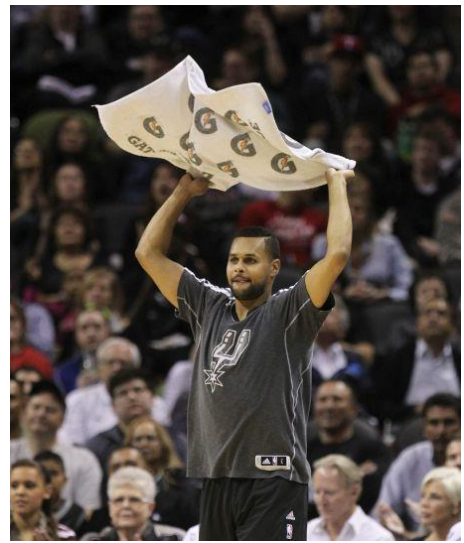


“Basketball, more than any other sport, is a team game...about the thousands of small, unselfish acts, the sacrifices on the part of the players that result in team building.”

-Dean Smith

What are some of those small unselfish acts you can do for you team?

What are you willing to sacrifice for your team this year?

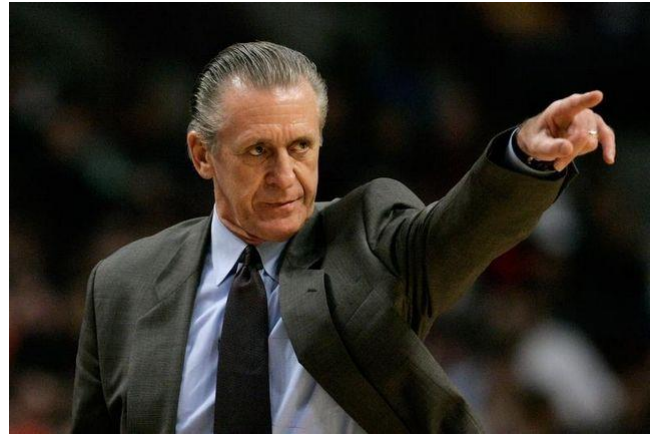


“Sacrifice is the purest and most selfless way to love someone, do it daily.”

-Unknown

What does this mean to you?

What are some ways you can sacrifice for your teammates, classmates, teachers, or family?



“The most difficult thing for individuals to do when they become part of a team is to sacrifice, it is much easier to be selfish.”

-Pat Riley

Why do you think it is so difficult to sacrifice for others?

Being selfish is easy, how do you avoid being selfish?

# Success







“I’ll do whatever it takes to win games, whether it’s sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot.”

-Kobe Bryant

What does this mean to you?

What are you willing to do to help us succeed? What do you do every day to set yourself up for success?





“If you feel like it is difficult to change,  
you will probably have a tougher time  
succeeding.”

-Andrea Jung

Name one thing that we as a coaching staff have asked you to change about  
your game?

Why do you think we asked you to change that thing? Who are we trying to  
help?



“Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all the time. Winning is a habit. Unfortunately, so is losing.”

-Vince Lombardi

What does this say about your effort in the classroom, on the court, and home?

Success is an all the time thing. Where are you not “winning” right now? How can you change that in your life?



“If you do what you have always done,  
you will get what you’ve always got.”

-Unknown

Are you completely satisfied with where you are as a player? If not, where would you like to have more success?

What is your plan for changing your game? What are some things you can do in order to improve some of your deficiencies so you can have more success?



“I find that the harder I work, the more  
luck I seem to have.”

-Thomas Jefferson

What does this say about the result of your hard work,?

What are some areas that you are not having the success you wish you could be  
having success?

# Goal Setting





“If you don’t know where you are going,  
you will end up someplace else”

-Yogi Berra

What does this mean to you?

Where are you going this year?



“If a man knows not to which port he sails, no wind is favorable”

-Seneca

Where are you sailing in the 2014-2015 season?

My three goals for this year are:

**Academic Goal-**

**Personal/Family Goal-**

**Athletic Goal-**





Write your **Academic Goal**:

How close are you to achieving your goal?

Are you still passionate about your goal? Does it still excite you?

What obstacles are still in the way of you achieving your goal?



Write your **Personal/Family Goal**:

How close are you to achieving your goal?

Are you still passionate about your goal? Does it still excite you?

What obstacles are still in the way of you achieving your goal?



Write your **Athletic Goal**:

How close are you to achieving your goal?

Are you still passionate about your goal? Does it still excite you?

What obstacles are still in the way of you achieving your goal?