

Lady Cardinal Player PRIDE

PRIDE means having an understanding that you put your signature on everything that you do and ensuring then that what you do is done in the best manner possible.”

- Coach K, Duke Basketball Coach

Passion: an extreme emotion towards your goals

- 🏀 Have *contagious* passion
- 🏀 Your attitude on and off the court affects those around you — make it a positive one
- 🏀 Compliment one another and pick each other up — it will go along way.
- 🏀 Use basketball as a release from the stresses of the day, not the cause of your daily stress
- 🏀 PLAY WITH PASSION!!

Responsibility: As a part of this team and program, we have a collective responsibility towards one another.

- 🏀 Work together as a team, not as an individual
- 🏀 Learn to take coaches comments and decisions in a constructive way
- 🏀 Accept criticisms in a positive manner especially from your teammates
- 🏀 Be in the best physical condition you can be in
- 🏀 When you are not in the game and on the bench, be an active participant

Integrity: doing what is right and doing the right thing no matter what the rewards or consequences

- 🏀 Be a person who stands for something
- 🏀 Make responsible decisions always
- 🏀 Stay eligible
- 🏀 Represent yourself and your school in a positive light at all times

Discipline: train yourself to carry out integrity and responsibility in all that you do

- 🏀 Be on time to every class, meeting, practice, bus departure, and game
- 🏀 Do whatever it takes to make the commitment to be at every practice and game
- 🏀 If you are going to miss a practice or a game, tell your coach and be prepared to accept the consequences
- 🏀 Bring your best to the floor every game, both physically and mentally

Excellence: Define your own success and failure; only YOU know whether you have given it your all.

- 🏀 Set goals as a person, as a student, and as an athlete, then follow through with them
- 🏀 Have a goal of the day, every day to keep yourself focused
- 🏀 The only way we will find success is to reach Excellence together
- 🏀 Always try **YOUR** best!

I understand how important the commitment I am making to this team is as a Person, as a Student, and as an Athlete.

Player Signature

Parent Signature