



PROGRAM PHILOSOPHY

The information contained in this notebook is to aid all prospective team members and parents in understanding how the Timberwolf Basketball Program will be conducted. Together, we will strive to continue the winning tradition established by all of the past and present coaching staffs and team members. Through hard work, and commitment to a common goal, we can contribute to a lasting legacy of success for our school and program.

Membership in the Timberwolves Basketball Program requires sharing the same beliefs concerning basketball and the way it should be played. Our belief is the parents and players must make the necessary sacrifices to make the program as successful as it can possibly be. Attempting to play for the Timberwolves without wholeheartedly endorsing our approach will be difficult, if not impossible. Without this commitment to the program, individuals will eventually eliminate themselves by virtue of their actions that are inconsistent with our core values.

This is not to say we have the *only* sound approach to the game. We do feel we have an approach that is best for our school and for the success of the team. When a player completes his eligibility at CPHS, we feel he will have been exposed to a philosophy that facilitates success in basketball and more importantly, in the game of life.

100% EFFORT AND COOPERATION IS EXPECTED FROM EACH TEAM MEMBER BOTH ON AND OFF THE COURT. NOTHING LESS WILL BE ACCEPTED.

We believe the the greatest satisfaction comes through TEAM VICTORY.

We believe that the actions of team members on and off the court are relative.

Every team has a tangible and identifiable image and a way of operating. This image is based upon the culture created by the coaches and the actions of the players and everyone surrounding the program. The members of this program will project a positive image and attitude while representing the team in all team events. We must all realize that our actions, good or bad, will be magnified while representing the team. This is called the FISHBOWL PHENOMENON. We will be challenged to carry the torch of responsibility for our school. At all times, we must accept the responsibility of conducting ourselves in such a way as to bring nothing but respect and goodwill to our team, school, and community. In order to reach our desired goals and expectations, we must be willing to give the most of our time and energy to produce a successful team.



“The journey of 1000 miles begins with the first step.”

-Laozi, Chinese Philosopher

The **COMMON THREAD** among successful teams and individuals is the result of *goal setting*. These goals must be contained within a single ambition and free of complications. Our challenge will be to clearly and reasonably define our goals and objectives for the upcoming season. However, these goals must be established with the highest expectations in mind. Through the power of hard work and dedication, we can always do more than we realize. Our energy must be directed to reaching our goals and let nothing stand in the way of this journey. Our goal this year, as it is every year, is to:

- **BE THE HARDEST WORKING TEAM IN THE STATE**
- **BE THE MOST AGGRESSIVE TEAM ON THE COURT**
- **DEVELOP THE BEST BASKETBALL TEAM POSSIBLE**

“Success is a journey, not a destination.”

-John Wooden, UCLA Bruins

ABSOLUTE NECESSITIES FOR TIMBERWOLF BASKETBALL PLAYERS

- **COACHABILITY**: Are you coachable? Can you experience criticism and failure without looking for excuses? Are you willing to get out of your comfort zone and work on your weaknesses?
- **DESIRE**: Do you want to win with a passion? Are you prepared mentally and physically to do the “little things” required to be a champion?
- **WORK ETHIC**: Are you ready to make practice meaningful each day? Are you ready to improve on a daily basis and make your team better?
- **TEAM FIRST ATTITUDE**: Are you willing to let nothing stand in the way of serving the needs of the team first?
- **POISE**: Do you have the confidence, knowledge and ability to think under fire and execute under difficult circumstances?



WHAT THE PROGRAM EXPECTS FROM ITS MEMBERS

1. To be a leader and role model in school, throughout the year, not just during basketball season. Conduct yourself as to bring nothing but good will to our team, school, and community.
2. Be a TEAM PLAYER AND PERSON. Be loyal to your coaches and teammates. Respect your teammates possessions and feelings. Stay together in times of adversity.
3. Assume the right attitude. Go about your tasks with a cheerful, purposeful attitude.
4. Use only positive language in practice, games, and the classroom.
5. When talking to coaches, teachers and administrators, look them in the eye, speak clearly and respectfully and address them by their correct title.
6. If you have any problems, consult your coaches following practice...be PROACTIVE!
7. Be ready and able to practice every day with enthusiasm and a willingness to improve.
8. Loyalty to the program must be first. No one person is bigger than the program.

TEAM

ME

POLICIES FOR TEAM MEMBERS

1. ***Be on time when time is an issue.*** This includes, but is not limited to: beginning of the school day; all classes; study halls; tutorials; practices; treatments; bus departures and any other event where your presence is expected. ***Being on time means be early!***
2. ***Notify your coaches before the start of practice if you are going to miss for any reason.*** Communication with the coaching staff on this matter is vital to our preparation, unity and overall team success. Failure to report an impending absence is far worse than being absent itself. Unreported absences will result in disciplinary action.
3. ***Maximum effort will be expected to be the best student and player possible.*** Be productive in school and maintain UIL eligibility requirements. The will to win must be exceeded only by the will to prepare to win.
4. ***Be a good TEAMMATE:*** Encourage your teammates with positive talk. Compete each day to make yourself and your team better.