

# *The Ten Commitments*

## Of Giant Basketball

### 1. I WILL BE ON TIME

Everyone will be on time for all scheduled school events, classes, weightlifting, practice, rehab, and team meetings.

### 2. I WILL HAVE GOOD ATTENDANCE

Everyone is expected to be in class and be a positive contributor to that class. Any absences (practice or class skips) will be grounds for disciplinary action to be taken. Should an emergency arise, call the coaching staff immediately.

### 3. I WILL FULFILL MY FINANCIAL OBLIGATIONS TO THE BASKETBALL PROGRAM

Everyone is expected to get in practice pack money. Everyone is expected to do their best in all fund raising activities and turn in all monies in a timely fashion. If problems develop, communicate with coaching staff.

### 4. I WILL STUDY

Unsatisfactory progress reports as it relates to effort and behavior, will lead to disciplinary action.

### 5. I WILL GET REST

It is important that each of you get enough sleep to be at your best each day. Everyone is expected to get rest.

### 6. I WILL EAT RIGHT

It is important that you eat properly. You must eat the proper foods to perform your best. Remember the most important meal is breakfast, so get up and eat.

### 7. I WILL AVOID DRINKING, DRUG ABUSE, AND SMOKING

Our school rules prohibit the use of alcohol, drugs, and smoking. We discourage the use of any of these for your success now and later in your life after graduation.

### 8. I WILL DRESS APPROPRIATELY AND DEMONSTRATE GOOD GROOMING HABITS

Most everyone at school and many away from school will know you as a Ben Davis Giant. The image you project will be a reflection on all of us. Do not dress to draw attention to yourself. Dress properly in cold weather (jackets, coats, hats, etc.).

- A. If you desire facial hair, neatly trimmed facial hair above the lip and sideburns that do not go below the ear lobe will be allowed. All players will be expected to shave at least twice a week, preferably each Tuesday and Thursday.



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- B. All players are expected to wear their hair off the collar, out of the eyes so they can see, and off of the ears so they can hear.
- C. Once the season begins on Oct.4, and until it ends in March, players will not wear earrings in school. At all times Ben Davis players will not wear earrings at any Ben Davis Basketball function.
- D. All socks must be worn above your shoes during practice and games.
- E. When wearing travel suits at school or on the road, shirts must be tucked in and jackets are to be zipped up.

### 9. I WILL TAKE PRIDE IN OUR FACILITIES

Our team has a first class locker room, team room, and weight room. We take pride in keeping them neat and clean. We have good equipment, uniforms, travel bags, etc. We will take care of them. Laundry bags are to be fastened securely. Do not borrow practice equipment from a teammate without his permission.

### 10. I WILL RESPECT THE TRADITION

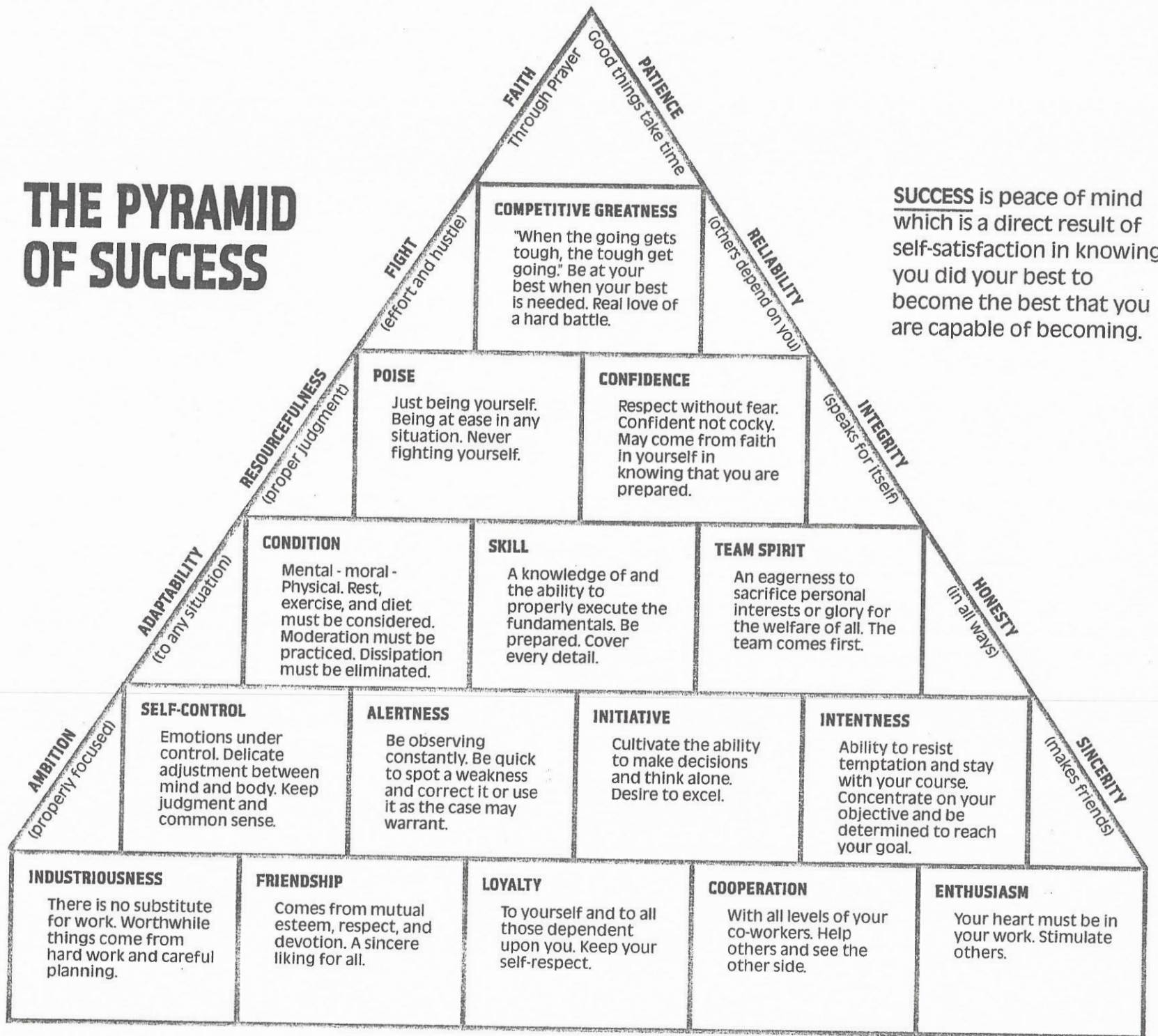
Our philosophy is built on the idea of achieving one's potential...being the best we can be. everyone in our program must be committed to the pursuit of excellence in all areas of his life. At all times, everyone is expected to conduct themselves the way they think a good citizen and successful Ben Davis Basketball player should. A truly committed Giant will make the necessary sacrifices to carry forth the Ben Davis Basketball tradition of excellence.

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Parent Signature



# THE PYRAMID OF SUCCESS



**SUCCESS** is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming.



# **BEN DAVIS HIGH SCHOOL/BASKETBALL**

**IT'S THE LITTLE THINGS THAT MAKE THE BIG  
THINGS HAPPEN--THEY'RE THE DIFFERENCE  
BETWEEN A GOOD TEAM AND A GREAT TEAM**

1. Fingers pointed to ceiling on blockout
2. Following your shot
3. Diving for a loose ball
4. Communicating on defense
5. Encouraging and congratulating your teammates for a good effort
6. Acknowledge teammates by pointing to them for the good pass that led to your basket
7. Initiating contact (butt to thigh) when blocking out
8. Making pass and shot fakes
9. Two foot flying stop/Jump stop
10. Moving to meet passes
11. One second hold on the follow through for a free throw
12. Using the backboard on a lay up
13. Belly up/hands straight up/feet moving when guarding an opponent with the ball within three feet of the basket
14. Good concentration every possession regardless of the score
15. Good pregame warm up effort (15 minutes of fundamentals)
16. Playing defense with your feet instead of reaching and grabbing
17. When entering or leaving the game hustling on and off the floor
18. Not giving up when an opponent has a breakaway lay up but chasing and hollering at him to try to spoil his concentration
19. Playing and concentrating on performing your role as a player and not trying to help the officials do their job. Treat all officials with respect. Eliminate all negative body language.
20. Defensively, when the ball moves or your man moves, you must move (JUMP TO THE BALL) and readjust your position
21. Use the hedge move (fake and retreat) when outnumbered on defense

**TO WIN CHAMPIONSHIPS, A TEAM HAS TO BE  
OBSESSIVE ABOUT THE FUNDAMENTALS AND THE  
LITTLE THINGS.**

