

PLAY SMART, PLAY STRONG, AND PLAY TOGETHER!

Women's basketball provides a tremendous learning experience that teaches young women valuable life lessons. Participants in the Rowland Hall Women's Basketball Program will learn leadership skills, the value of teamwork, responsibility, respect, integrity, selflessness, how to handle and deal with adversity, and the importance of hard work. These positive character skills are the foundation of our program. This is Rowland Hall Women's Basketball.

Women's basketball is a team sport and a successful team is built on disciplined practice, which undoubtedly leads to success in our games. We imbue essential skills to help young people work cooperatively during practice and in game situations, **placing the welfare of the group ahead of oneself**. We strive to pursue our creed of "*victory with honor, sacrifice for team, and pride in self and school.*" This is Rowland Hall Women's Basketball.

Our coaching staff is concerned with, and committed to each player in our basketball program, and at every level of her development. Additionally, we will do our best to be compassionate, truthful, and fair to every player. However, we expect full player commitment in return. That being said, each parent and player must realize that commitment often extends beyond the regular season. It takes extra time and effort to be successful which includes the expectation of off-season and summer work. Finally, we recognize that basketball is a game, and that students are attracted to the sport primarily to have fun. We will never lose sight of this fact. We believe that a rewarding and fun basketball program can coexist with one that is devoted to the belief that the vital lessons of athletics are learned from the honorable pursuit of victory; from the competition rather than the outcome. This is Rowland Hall Women's Basketball.

PHILOSOPHY OF BASKETBALL

We are motivated student athletes and coaches. Our team will play with an energy and visible passion that proves we are engaged in the process and are invested in our system. Our teams will display toughness and spirit in every practice and game situation. **We will never have to be coached on effort**. We play with character, give 100% effort, listen, and are engaged without prompting. We enjoy the game and love playing the game. Most importantly, we will never back down, never surrender, and will always protect and defend our own. This is Rowland Hall Women's Basketball.

EXPECTATIONS OF BASKETBALL

We will never be late and are consistently early. Being late or unprepared hurts the team and the team **always comes FIRST**...No Exception!

We respect our team O'hana. When coach speaks the gym is silent and all eyes are on the speaker. We listen intently and pay attention during practice, during timeouts, and during meetings...we respect our coaches, our team, and ourselves.

We respect our practice and game space. We will never sit on the gym floor unless given permission by a coach. We will always clean up our locker room and gym space after every game and practice. We take care of our uniforms and equipment.

We are fundamentally strong. We display proper techniques in fundamental areas of the game. We catch and pass with two hands, maintain inside pivot foot, triple threat position, rear down on defense, take a charge, dribble with eyes up, cut hard off screens, use shot fakes, make back door cuts, move on air time of passes on defense, box out, and post with purpose...we look and perform like PLAYERS!

We are disciplined. We hustle off the court at half time and after our game. We move with purpose. We don't lose our composure, regardless of the official's call or game situation. We always maintain positive body language. We maximize practice time and make the most of our drill opportunities...we don't waste valuable practice time and always practice at game speed.

We play smart. We have little or no game slippage from practice to a game. We have a sharp, crisp pre-game warm-up, have good shot selection, don't foul when the ball is away from the scoring area, and always have a good understanding of time and score.... we are involved and engaged while on the court or on the sideline.

We are relentless. We never let a poor offensive night impact our defensive effort. We always play defensive with relentless determination and hustle. Finally, we understand the value of each possession. Taking care of the basketball (limiting turnovers), making foul shots, being engaged and focused on the game, boxing out, sprinting up the court, being first to pick-up a fallen player, and being a positive role model to our teammates is what gives us an edge and will lead to our success. *Never back down, never surrender, and always protect and defend our own!*

We take responsibility. We make no excuses and leave everything on the court. We prepare for every opponent and make every game important. Most importantly, we come to practice everyday and work hard in the off-season to get better. We meet victory and defeat the same way and always get up the next day and get to work in an effort to be better players and citizens than we were the day before. This is Rowland Hall Women's Basketball.

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