



THE DEFINING DOZEN



TO BE HERE:

- 1.) **BE COMMITTED TO BEING A LEARNER** – Who you are as a hockey player is an extension of who you are as a student. Hockey just happens to be the class that meets after seventh period.
- 2.) **BE COMMITTED TO BEING CLASSY** – Treat all people that you are in contact with each day with respect. Whether you always want to or not, say “please” and “thank you.”
- 3.) **BE COMMITTED TO DOING THE RIGHT THING** – You live your life with lots of rules put upon you. If you try your best to always do what is right that is all that you can do.
- 4.) **BE COMMITTED TO OUR PROGRAM** – The expectations placed upon you because you are a member of this program are going to be high. Come each day with a winning attitude, to become a better person and player. Be committed to building on the tradition of North Star Hockey.

TO PLAY HERE:

- 1.) **BE COMMITTED TO YOUR EFFORT** – This is one thing that you are always in control of. It can be the difference between playing and not playing. It is the backbone of our program.
- 2.) **BE COMMITTED TO BECOMING A SMART PLAYER** – Take every advantage to learn more about the game. Listen to your coaches’ advice and criticisms. “Play the game, don’t play the play.”
- 3.) **BE COMMITTED TO A TEAM ATTITUDE CONCEPT** – Our program is built around the fact that the team is bigger than any one player or coach. We must all have the same common goal.
- 4.) **BE COMMITTED TO A WINNING ATTITUDE** – We must be committed to believing that we will win every situation, but also realize that we will not measure our success on winning alone.

TO WIN HERE:

- 1.) **BELIEVE IN OUR SYSTEM** – Commit yourself to playing the game within our program’s philosophy. Learn our concepts and accept your role on the team to help “us” achieve our goal.
- 2.) **BELIEVE IN YOURSELF** – Play with confidence and think positively. Don’t get down on yourself. Learn to play the next play. Be a leader by overcoming adversity.
- 3.) **BELIEVE IN YOUR TEAMMATES** – Communicate with each other. Recognize our differences and learn to complement each other’s strengths.
- 4.) **BELIEVE IN YOUR COACHES** – Understand that your coach is trying to make you the best player and person that you can be. Sometimes you may not agree with their decision but try and realize that they want the same success as you do.