

NILES WEST



BASKETBALL

2015-16 GUIDEBOOK

The Four Trust Questions

- 1. Can I trust your motives?**
- 2. Can I trust your competence?**
- 3. Can I trust you to be dependable?**
- 4. Can I trust you to be respectful?**

**Your ACTIONS need to SAY
YES to ALL FOUR EVERYDAY!**



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About the Cover

The Four Trust Questions lay the foundation for the attitudes and habits necessary for developing an effective team. Below find descriptions designed to help you assess your progress towards being able to honestly answer yes to these questions. Only by answering yes to all four questions can you fulfill your potential as a player and as a teammate!

1. Can I trust your motives?

Intent springs from our character. It is part of our value system. It is how we know we should act. Motive is why you do what you do. The best motive in building trust is genuinely caring about people. If you don't care and have no desire to care, be honest and let people know you don't care. You will have a difficult time functioning in the Niles West Basketball Program if you don't care about people. If you don't care but want to care, start to do caring things. Often, the feelings will follow the actions.

2. Can I trust your competence?

People don't trust people who don't deliver results. Results are the deliverables. They are what you contribute to the team. You can't hide from your results. If the results aren't there, neither is the credibility. Neither is the trust. It's just that simple; it's just that harsh. There are three areas of results people look at to judge your credibility. First, your past results: what you have proven you can do. Second, your current results: what you are contributing right now. Third, your potential results: what people anticipate you will accomplish in the future. How to improve your results: First, take responsibility for results, not activity. Second, expect to achieve your goals. Assume you will be successful. This assumption will translate into action. Third, finish strong. Results are all about finishing. You are probably aware of the old adage; Beginners are many; finishers are few.

3. Can I trust you to be dependable?

Behavior is putting your motives into practice. It is what we do based upon what we intend to do. Behavior is where the rubber meets the road. It is important because it is what people see and judge. Telling someone you love them is important, but showing them you love them is essential. Showing them every time builds trust that you will be there in good times and bad times. It makes you trustworthy.

4. Can I trust you to be respectful?

Respect comes from humility and courage. Humility is the ability to look out for the good of others in addition to what is good for you. A humble person is more concerned about what is right than about being right, about acting on good ideas than about having the ideas, about embracing new truth than defending an outdated position, about building the team than exalting self, about recognizing contribution than being recognized for it. Courage is the ability to do the right thing even when it may be difficult. It is when you do what you know is right regardless of the possible consequences. Practicing humility and courage in your life will insure that you are a respectful person.



INTRODUCTION



Welcome to the Niles West Basketball Program. You have been chosen to participate in a top-notch demanding program designed to benefit you greatly as a person not only this season but also in the future. This does not happen without cost. Every athlete has obligations to his team, his school, his family, and his community that need to be considered. The responsibilities of an athlete today are demanding and seemingly unending. A true competitor welcomes this challenge. Niles West High School will provide you with the leadership, support, opportunity, and facilities to become a champion. **The rest is up to you!**

The Niles West Basketball Program is built on one basic concept; each of us will work to be our very best. Anything less than your best effort is a loss. Every player, coach, and manager must strive to do their utmost to succeed in every aspect of their lives. This approach allows you to experience one of the greatest feelings in life - the self-satisfaction of knowing that you have done your best. The individual who knows that he has left nothing undone in his quest for victory is granted the tranquility of extraordinary peace of mind. We will strive to do our best to outwork our opponent each day whether it be in practice or in games.

Success starts with one thing; the mental attitude referred to as desire. Desire is not something one either has or doesn't have. It can be developed and it can be lost. It is your responsibility to yourself and to your team to develop and maintain the mental quality of desire for the rest of your life. You cannot accept anything less than that from yourself.

This desire begins with what you do in your daily life. Basketball, like life, is simply a series of habits. It is just as easy to develop habits that will lead to success as it is to develop habits resulting in failure. You just need to be mindful of your habits and the effects of these habits on your life. It is said that we are what we repeatedly do. Excellence, then, is not a single act but a habit that one needs to earn.

The quality of your daily life will be determined by your attitude. Attitude, not ability, is what determines success. Success can be defined as leaving nothing undone in your journey towards reaching a worthy goal. Anyone can always give their best.



It is essential that every individual involved in our basketball program; players, coaches, and managers alike; has the proper mental attitude. Lacking this important ingredient, it is virtually impossible to become a champion. We believe in this definition of success: Doing everything one is able to do in order to attain a desired goal. Effort, not ability, is what we value first. We will conduct every practice and meeting with this definition in mind. This will show itself in the attention paid to the details of every activity in which we participate. Many times, the difference between failure and success is the difference between doing a thing nearly right and doing a thing exactly right. Attentiveness to details, then, is essential in any competitor's quest for success. The attitude one has and the willingness to pay attention to the details will determine the level of their success.

There will always be setbacks so to achieve success, a player must also have determination. Success will not come easily; it will be attained through hard work and self-discipline. A player must never be self-satisfied, but must continue to improve. Through determination, a player will discipline himself to make the necessary sacrifices to excel. He must develop confidence in his ability to play basketball by setting goals for himself. It is not enough for a player to set goals - he must be ambitious. He must acquire a driving force to develop skills and constantly improve his game. He must do his best even when less than that would be enough. Then he will experience success. If a player works hard to achieve a goal - then he deserves it! Work hard to achieve your goals - you will find happiness in meeting this daily challenge. Keep in mind that excellence is not an act, it is a habit.

Our players will not work in isolation. We will work together in our program and work to the trust of our teammates. Our humanity will show through by helping others to realize their potential as we work diligently to attain our own potential. We believe that whatever makes one of us better makes all of us better.

Good luck this season as you work to achieve your potential. The athlete who prepares himself to the utmost can be confident in every situation. Work to be that athlete. This does not mean that you will never lose, but it does mean that you will always be a winner. It means that you are a Niles West Wolf! GOOD LUCK!



Player Expectations



The Four Trust Questions

1. Can I trust your motives?
2. Can I trust your competence?
3. Can I trust you to be dependable?
4. Can I trust you to be respectful?

Your ACTIONS need to SAY
YES to ALL FOUR EVERYDAY!

Standards for Niles West Basketball Players
(Playing Time will be Based on these Criteria)

- 100% Effort (In every activity)
 - Try your best at all times
 - Try harder when asked by a coach
- Coachability (Work to be better each day)
 - Listen when a coach speaks
 - Work to do what the coach asks
 - Share contrary opinions with coaches off the court before or after practice
- Teamwork (Make those around you better)
 - Be positive with your teammates
 - Work to be a positive role model
- Sportsmanship (Compete with honor)
 - Never talk back to an official
 - No trash talking
- Basketball Skill (Be consistent)

Words from Winners

100% Effort

"I'm busy working on every aspect of my game - defense, shooting, rebounding - but I really want to become a better overall team player. Help my teammates become better players out on the court in order to win more ball games. My mother taught me to always be strong and always work hard. I'm a lot like her in that I work hard for what I want."

– Kevin Durant

Coachability

"My best quality was that I was coachable. I was a sponge and aggressive to learn."

– Michael Jordan

Teamwork

"I think team first. It allows me to succeed. It allows my team to succeed."

– LeBron James

Sportsmanship

"Make sure you live in the moment and work your butt off every single day, and I hope I inspire people all around the world to just be themselves, be humble, and be grateful for all the blessings in your life."

– Stephen Curry

Basketball Skill

"Excellence is the gradual result of always trying to do better."

– Pat Riley



ATTITUDE



The proper attitude is essential to your success. There is little difference in people, but that little difference many times determines the line between winning and losing. The little difference is attitude. Niles West Basketball defines a positive attitude as doing your best in every situation - even when it is not necessary. In this way, one develops habits that lead to consistent performance – a key ingredient to success. Your approach to each day is vital to your personal development and the more you work to help others the more you help yourself. Work to be a winner in everything that you do, help others to do the same, and you will give yourself the best opportunity to become a winner in life!

The following pages will give you focus and inspiration in your quest to achieve success. The qualities that successful athletes have shown to consistently possess are listed and defined. Hopefully this guidebook will help you to focus your efforts towards improving each day and continuing to move in a positive direction. This guidebook can serve to inspire you when you feel discouraged, but it cannot provide all of the motivation that you need. Just as you spend time and money feeding your body, the successful person will invest comparable resources feeding his mind. One can find inspiration in newspapers, magazines, books, and on the internet. The wise competitor finds motivational material on a daily basis to help him give his best effort each day to reach his potential. Be a wise competitor. Use your free time to find and read material which will motivate you to become a better person and discover more ways to motivate your teammates to do the same. Good luck in your quest to become a true champion in basketball and in life!



ATTITUDES THAT BUILD WINNERS

- Drive** Dedicated athletes have a burning desire to improve, to compete, and to win.
- Aggressiveness** Winners make things happen; they take charge, force action and produce results.
- Determination** The refusal to quit or accept defeat; the persistence to practice, to improve, and to win.
- Responsibility** Winners accept total responsibility for their actions; they admit errors and learn from their mistakes.
- Self-Confidence** Winners have confidence in their abilities, can act decisively and believe they will win.
- Leadership** Winners are dynamic individuals who like to influence others and take control of situations.
- Emotional Control** Winners can control their emotions and perform normally in stressful situations.
- Mental Toughness** Winners can accept rigorous training from a demanding coach and recover quickly from setbacks.
- Coachability** Winners respect the coach and the coaching process; they know that coaching is an important to their development and progress.
- Conscientiousness** Winners have a strong sense of commitment and obligation to the team; they put rules and the welfare of the team first.
- Trust** Winners know that mutual trust is a major factor in team unity and team moral.



“TOUGHNESS”

Jay Bilas

Toughness has nothing to do with size, physical strength or athleticism. Some players may be born tough, but I believe that toughness is a skill, and it is a skill that can be developed and improved. Michigan State coach Tom Izzo always says, "Players play, but tough players win." He is right. Here are some of the ways true toughness is exhibited in basketball:

Set a good screen: The toughest players to guard are the players who set good screens. When you set a good screen, you are improving the chances for a teammate to get open, and you are greatly improving your chances of getting open. A good screen can force the defense to make a mistake. A lazy or bad screen is a waste of everyone's time and energy. To be a tough player, you need to be a "screener/scorer," a player who screens hard and immediately looks for an opportunity on offense. On the 1984 U.S. Olympic Team, Bob Knight made Michael Jordan set a screen before he could get a shot. If it is good enough for Jordan, arguably the toughest player ever, it is good enough for you.

Set up your cut: The toughest players make hard cuts, and set up their cuts. Basketball is about deception. Take your defender one way, and then plant the foot opposite of the direction you want to go and cut hard. A hard cut may get you a basket, but it may also get a teammate a basket. If you do not make a hard cut, you will not get anyone open. Setting up your cut, making the proper read of the defense, and making a hard cut require alertness, good conditioning, and good concentration. Davidson's Curry is hardly a physical muscle-man, but he is a tough player because he is in constant motion, he changes speeds, he sets up his cuts, and he cuts hard. Curry is hard to guard, and he is a tough player.

Talk on defense: The toughest players talk on defense, and communicate with their teammates. It is almost impossible to talk on defense and not be in a stance, down and ready, with a vision of man and ball. If you talk, you let your teammates know you are there, and make them and yourself better defenders. It also lets your opponent know that you are fully engaged.

Jump to the ball: When on defense, the tough defenders move as the ball moves. The toughest players move on the flight of the ball, not when it gets to its destination. And the toughest players jump to the ball and take away the ball side of the cut. Tough players don't let cutters cut across their face -- they make the cutter change his path.

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Don't get screened: No coach can give a player the proper footwork to get through every screen. Tough players have a sense of urgency not to get screened and to get through screens so that the cutter cannot catch the ball where he wants to. A tough player makes the catch difficult.

Get your hands up: A pass discouraged is just as good as a pass denied. Tough players play with their hands up to take away vision, get deflections and to discourage a pass in order to allow a teammate to cover up. Cutters and post players will get open, if only for a count. If your hands are up, you can keep the passer from seeing a momentary opening.

Play the ball, see your man: Most defenders see the ball and hug their man, because they are afraid to get beat. A tough defender plays the ball and sees his man. There is a difference.

Get on the floor: In my first road game as a freshman, there was a loose ball that I thought I could pick up and take the other way for an easy one. While I was bending over at the waist, one of my opponents dove on the floor and got possession of the ball. My coach was livid. We lost possession of the ball because I wasn't tough enough to get on the floor for it. I tried like hell never to get out-toughed like that again.

Close out under control: It is too easy to fly at a shooter and think you are a tough defender. A tough defender closes out under control, takes away a straight line drive and takes away the shot. A tough player has a sense of urgency but has the discipline to do it the right way.

Post your man, not a spot: Most post players just blindly run to the low block and get into a shoving match for a spot on the floor. The toughest post players are posting their defensive man. A tough post player is always open, and working to get the ball to the proper angle to get a post feed. Tough post players seal on ball reversal and call for the ball, and they continue to post strong even if their teammates miss them.

Run the floor: Tough players sprint the floor, which drags the defense and opens up things for others. Tough players run hard and get "easy" baskets, even though there is nothing easy about them. Easy baskets are hard to get. Tough players don't take tough shots -- they work hard to make them easy.

Get to your teammate first: When your teammate lays his body on the line to dive on the floor or take a charge, the tough players get to him first to help him back up. If your teammate misses a free throw, tough players get to him right away. Tough players are also great teammates.

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Play so hard, your coach has to take you out: I was a really hard worker in high school and college. But I worked and trained exceptionally hard to make playing easier. I was wrong. I once read that Bob Knight had criticized a player of his by saying, "You just want to be comfortable out there!" Well, that was me, and when I read that, it clicked with me. I needed to work to increase my capacity for work, not to make it easier to play. I needed to work in order to be more productive in my time on the floor. Tough players play so hard that their coaches have to take them out to get rest so they can put them back in. The toughest players don't pace themselves.

Take responsibility for your teammates: Tough players expect a lot from their teammates, but they also put them first. When the bus leaves at 9 a.m., tough players not only get themselves there, but they also make sure their teammates are up and get there, too. Tough players take responsibility for others in addition to themselves. They make sure their teammates eat first, and they give credit to their teammates before taking it themselves.

Take a charge: Tough players are in a stance, playing the ball, and alert in coming over from the weak side and taking a charge. Tough players understand the difference between being in the right spot and being in the right spot with the intention of stopping somebody. Some players will look puzzled and say, "But I was in the right spot." Tough players know that they have to get to the right spot with the sense of urgency to stop someone.

Get in a stance: Tough players don't play straight up and down and put themselves in the position of having to get ready to get ready. Tough players are down in a stance on both ends of the floor, with feet staggered and ready to move. Tough players are the aggressor, and the aggressor is in a stance.

Finish plays: Tough players don't just get fouled, they get fouled and complete the play. They don't give up on a play or assume that a teammate will do it. A tough player plays through to the end of the play and works to finish every play.

Work on your pass: A tough player doesn't have his passes deflected. A tough player gets down, pivots, pass-fakes, and works to get the proper angle to pass away from the defense and deliver the ball.

Throw yourself into your team's defense: A tough player fills his tank on the defensive end, not on offense. A tough player is not deterred by a missed shot. A tough player values his performance first by how well he defended.

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Take and give criticism the right way: Tough players can take criticism without feeling the need to answer back or give excuses. They are open to getting better and expect to be challenged and hear tough things. You will never again in your life have the opportunity you have now at the college level: a coaching staff that is totally and completely dedicated to making you and your team better. Tough players listen and are not afraid to say what other teammates may not want to hear, but need to hear.

Show strength in your body language: Tough players project confidence and security with their body language. They do not hang their heads, do not react negatively to a mistake of a teammate, and do not whine and complain to officials. Tough players project strength, and do not cause their teammates to worry about them. Tough players do their jobs, and their body language communicates that to their teammates -- and to their opponents.

Catch and face: Teams that press and trap are banking on the receiver's falling apart and making a mistake. When pressed, tough players set up their cuts, cut hard to an open area and present themselves as a receiver to the passer. Tough players catch, face the defense, and make the right read and play, and they do it with poise. Tough players do not just catch and dribble; they catch and face.

Don't get split: If you trap, a tough player gets shoulder-to-shoulder with his teammate and does not allow the handler to split the trap and gain an advantage on the back side of the trap.

Be alert: Tough players are not "cool." Tough players are alert and active, and tough players communicate with teammates so that they are alert, too. Tough players echo commands until everyone is on the same page. They understand the best teams play five as one. Tough players are alert in transition and get back to protect the basket and the 3-point line. Tough players don't just run back to find their man, they run back to stop the ball and protect the basket.

Concentrate, and encourage your teammates to concentrate:

Concentration is a skill, and tough players work hard to concentrate on every play. Tough players go as hard as they can for as long as they can.

It's not your shot; it's our shot: Tough players don't take bad shots, and they certainly don't worry about getting "my" shots. Tough players work for good shots and understand that it is not "my" shot; it is "our" shot. Tough players celebrate when "we" score.

Box out and go to the glass every time: Tough players are disciplined enough to lay a body on someone. They make first contact and go after the ball. And tough players do it on every possession, not just when they feel like it. They understand defense is not complete until they secure the ball.

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Take responsibility for your actions: Tough players make no excuses. They take responsibility for their actions. Take for example. With 17 seconds to go in Wake's game against Duke on Wednesday, Scheyer missed a 3-pointer that bounced right to Johnson. But instead of aggressively pursuing the ball with a sense of urgency, Johnson stood there and waited for the ball to come to him. It never did. Scheyer grabbed it, called a timeout and the Blue Devils hit a game-tying shot on a possession they never should've had. Going after the loose ball is toughness -- and Johnson didn't show it on that play. But what happened next? He re-focused, slipped a screen for the winning basket, and after the game -- when he could've been basking only in the glow of victory -- manned up to the mistake that could've cost his team the win. "That was my responsibility -- I should have had that," Johnson said of the goof. No excuses. Shouldering the responsibility. That's toughness.

Look your coaches and teammates in the eye: Tough players never drop their heads. They always look coaches and teammates in the eye, because if they are talking, it is important to them and to you.

Move on to the next play: Tough players don't waste time celebrating a good play or lamenting a bad one. They understand that basketball is too fast a game to waste time and opportunities with celebratory gestures or angry reactions. Tough players move on to the next play. They know that the most important play in any game is the next one.

Be hard to play against, and easy to play with: Tough players make their teammates' jobs easier, and their opponents' jobs tougher.

Make every game important: Tough players don't categorize opponents and games. They know that if they are playing, it is important. Tough players understand that if they want to play in championship games, they must treat every game as a championship game.

Make getting better every day your goal: Tough players come to work every day to get better, and keep their horizons short. They meet victory and defeat the same way: They get up the next day and go to work to be better than they were the day before. Tough players hate losing but are not shaken or deterred by a loss. Tough players enjoy winning but are never satisfied. For tough players, a championship or a trophy is not a goal; it is a destination. The goal is to get better every day.

When I was playing, the players I respected most were not the best or most talented players. The players I respected most were the toughest players. I don't remember anything about the players who talked a good game or blocked a shot and acted like a fool. I remember the players who were tough to play against. Anybody can talk. Not anybody can be tough.

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The Jay Bilas article on toughness in basketball gives many specific examples of what a tough player does on the basketball court. Tough basketball players play on winning teams. Winning teams always have tough players. No one is born tough, but everyone can be tough.

Toughness in this context can be defined by specific behaviors, but in reality it is a state of mind. Tough players aren't necessarily the strongest or most athletic. They are the players who chose to do what is best for themselves and their team, even when times get rough. When he is exhausted, frustrated, or in pain, the tough player still does his best to accomplish the task at hand. Practice being tough each day and you will be tough in life. By working to answer yes to the four trust questions you will naturally become tougher by the day!

Niles West basketball players are tough players so we need to compete to the fullest on each play. It is advisable and necessary that each of our players look at themselves honestly and evaluate themselves from the perspective of being a tough player. How many of the characteristics of a tough player do you have? How many times can you honestly answer yes to the Four Trust Questions? I challenge you to become tougher and to push yourself to do more things to be a tough player. I further challenge you to help your teammates become tougher as well. Together we can accomplish great things!

A tough team is made from tough players. Good luck in your pursuit of toughness! Your success in this enterprise may well determine the success of our team. With the proper motivation there is no stopping us from being the toughest team in the state! Together we have everything we need to be successful; all we need to do is get it done. Remember, excellence is not an act, it is a habit earned by being tough each day.

Good luck!



**GOALS
and
GRIT**



Success is not easy to attain but the path to success is simple to understand. Get a goal. Work to get a little bit closer that goal each day. In the process, get rid of those things in your life that keep you from attaining that goal. Goals are not to be confused with day-dreaming or wishful thinking. Goals are dreams, but they are dreams being acted upon. Act in a way to make your dream come true today.

Ordinary people have accomplished extraordinary things when they have been obsessed with clearly defined goals. When the question arises "Is this worth it?" envision yourself enjoying the rewards at the end. This will make your journey a manageable one. Hard work is not always fun, but it's the price one must pay to be ultimately successful. Work toward your goals every day.

Look towards the horizon. Go as far as you can see and when you get there, you will always be able to see farther. This is how it is when you are setting goals. If you expect to make it big, you must work toward your goals daily and continue to set increasingly more difficult goals. Happiness is the by-product of actively seeking a goal.

What you obtain by reaching your goals, though, is not nearly as important as what you become by reaching them. It is said that "What the mind of man can conceive and believe, it can achieve"; so you need to believe that you are exactly what you want to be and work to be that everyday. You will be more successful and you will be happier. Later in this section we will give you some tangible things that you can do each day to help you attain your goals and increase your trust factor with your teammates and coaches. Together, we call these things grit.

We believe that setting and working toward goals is pivotal in your personal and team success. When you set these goals, it is important that they can be measured. A goal is a definite objective which is obvious whether it is accomplished. After you set your goals as a team and as an individual, go to the grit score sheet and begin the exciting journey towards attaining your goals!



TEAM GOALS 2015-16

GOAL #1: _____

OUTCOME: _____

GOAL #2: _____

OUTCOME: _____

TRUST GOAL: _____

OUTCOME: _____

These goals should be realistic and evaluated on a monthly basis. Your goals may need to be adjusted according to your progress. The outcome should be completed at the end of the season. Congratulations! You have just taken the first step towards being successful as a team.



INDIVIDUAL GOALS 2015-16

GOAL #1: _____

OUTCOME: _____

GOAL #2: _____

OUTCOME: _____

TRUST GOAL: _____

OUTCOME: _____

These goals should be realistic and evaluated on a monthly basis. Your goals may need to be adjusted according to your progress. The outcome should be completed at the end of the season. Congratulations! You have just taken the first step towards being successful as a team.

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Goals will not be easily accomplished. It will require a sustained daily effort through adversity and by overcoming many difficulties. Many people refer to this quality as grit. Grit is not something you are born with, it is a characteristic that you can develop. Just like daily weight lifting can develop large muscles, practicing grit each day can improve your ability to overcome any obstacle. The following pages are designed for you to keep track of your progress in developing and maintaining your grit. You should work each day to improve your score. Working to improve your grit score will make you tougher and more successful.

Grit Behavior Statements

1. I worked hard in every activity.
2. I overcame difficult challenges.
3. I focused mentally on the present throughout every activity.
4. I answered yes to The Four Trust Questions

Rating Scale

- I always did this. +1
 I usually did this. 0
 I sometimes did this. -1

Please rate yourself each day and record your weekly score on the graph.

11/16/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 1
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

11/23/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 2
Q1. Effort				X			
Q2. Rise Above				X			
Q3. Focus				X			
Q4. 4TQ				X			
Total				X			

11/30/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 3
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

12/7/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 4
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

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12/14/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 5
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

12/21/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 6
Q1. Effort					X		
Q2. Rise Above					X		
Q3. Focus					X		
Q4. 4TQ					X		
Total					X		

12/28/15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 7
Q1. Effort					X		
Q2. Rise Above					X		
Q3. Focus					X		
Q4. 4TQ					X		
Total					X		

1/4/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 8
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

1/11/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 9
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

1/18/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 10
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

1/25/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 11
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

2/1/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 12
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

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2/8/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 13
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

2/15/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 14
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

2/22/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 15
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

2/29/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 16
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

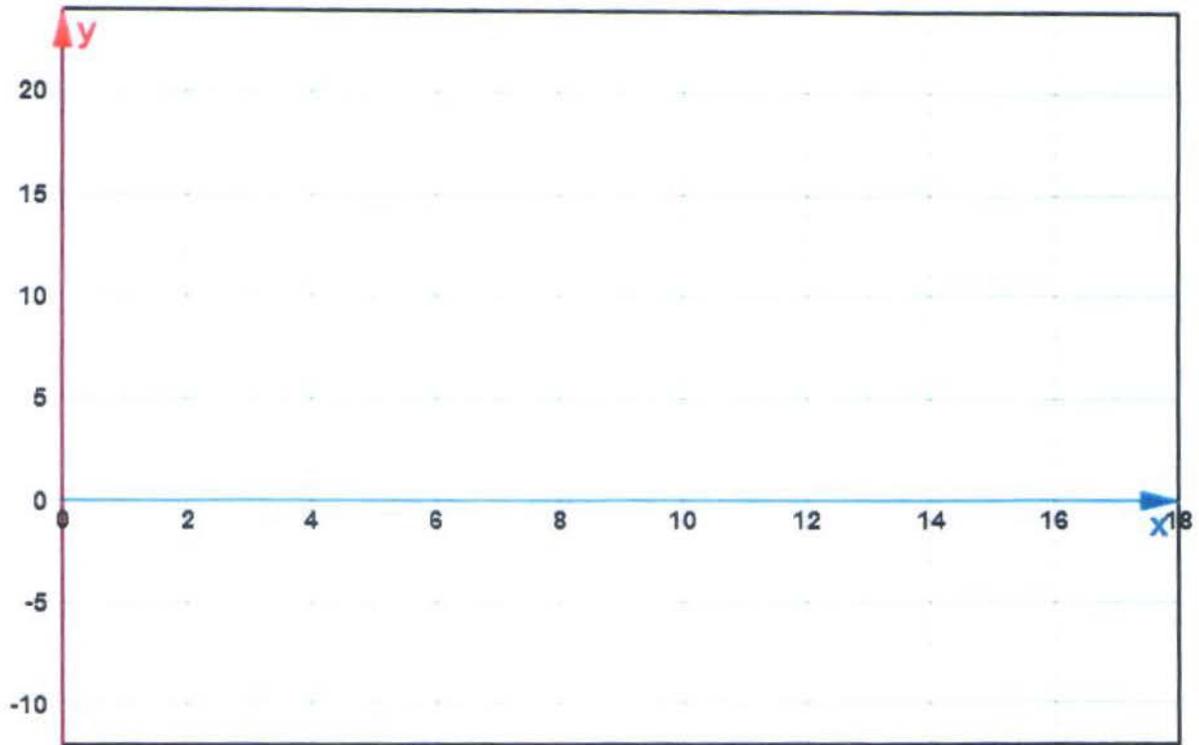
3/8/16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total 17
Q1. Effort							
Q2. Rise Above							
Q3. Focus							
Q4. 4TQ							
Total							

Week	1	2	3	4	5	6	7	8	9
Total									
Cumulative Total									

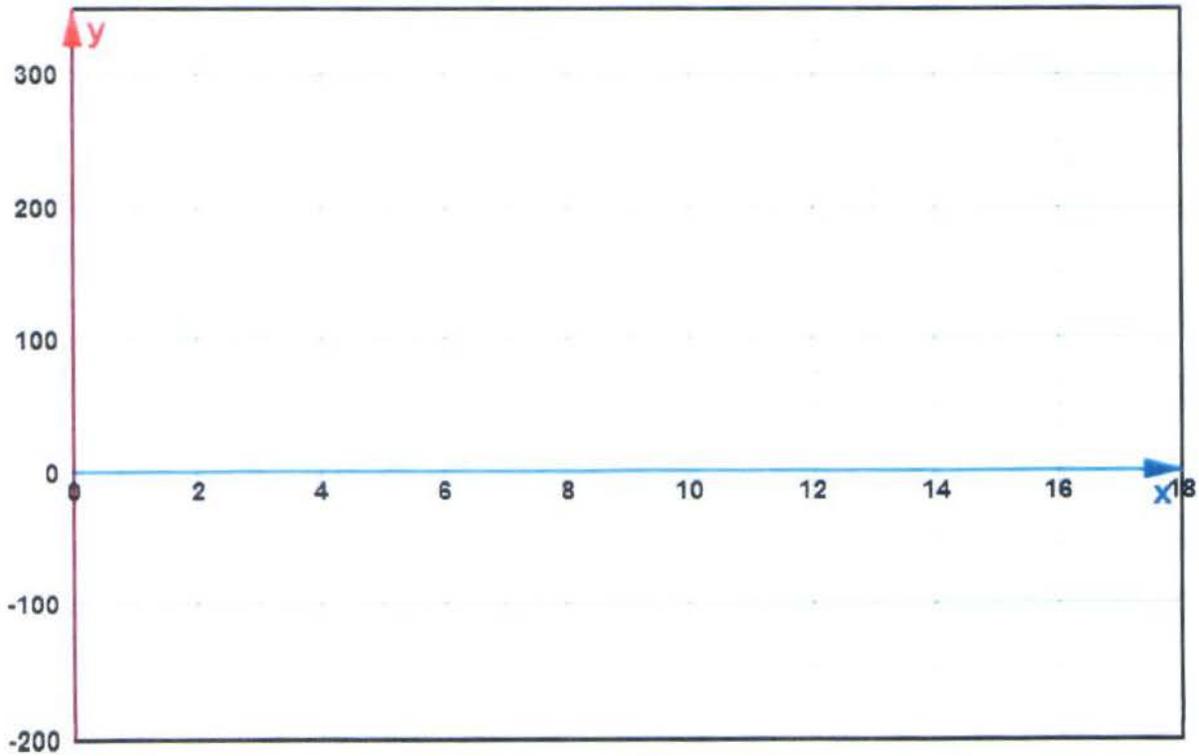
Week	10	11	12	13	14	15	16	17
Total								
Cumulative Total								

The Path to True Grit – Weekly Totals

NILES WEST BASKETBALL



The Path to True Grit – Cumulative Totals





HABITS



HABITS

Champions do not become champions on the court.

They are merely recognized on the court.

They BECOME champions in their DAILY ROUTINE!!

Players do not really decide their future...

They decide their habits

Then their habits decide their FUTURE!!!

EXCELLENCE IS NOT AN ACT, IT IS A HABIT!

The Power of Habit

You may know me. I'm your constant companion.
I'm your greatest helper. I'm your heaviest burden.
I will push you onward or drag you down to failure.
I am at your command.

Half the tasks you do might as well be turned over to me.
I'm able to do them the same every time if that's what you want.
I'm easily managed; all you've got to do is be firm with me.

Show me exactly how you want it done;
After a few lessons I'll do it automatically.

I am the servant of all great men and women;
Of course, servant of the failures as well.

I've made all the great individuals who have ever been great.
And I've made all the failures, too.

But I work with all the precision of a marvelous computer
With the intelligence of a human being.

You may run me for profit or you may run me to ruin,
It makes no difference to me.

Take me. Be easy with me and I will destroy you.
Be firm with me and I'll put the world at your feet.

Who am I?
I'm Habit!

EXCELLENCE IS NOT AN ACT, IT IS A HABIT!



**Begin each day a new and better way by
reciting the following affirmations
and practicing them each day.**

- This is the beginning of a new day. What I do today is important because I'm exchanging a day of my life for it.
- When tomorrow comes, this day will be gone forever, leaving in its place whatever I have traded for it.
- I pledge to myself that it will be for gain, good, and success, so I shall not regret the price that I paid for this day.
- My thinking and my attitudes are calm and cheerful. I act friendly toward other people.
- I am tolerant of other people, their shortcomings and their mistakes, and I view their actions with the most favorable understanding possible.
- I act as though attainment of my goals is certain to happen. I am the kind of individual I aspire to be, and everything I do and the way I feel expresses this individuality.
- I will not allow my judgment or my attitude to be affected by negativism or pessimism.
- I will smile as often as possible, at least several times a day. I respond in a calm and intelligent manner, without alarm, no matter what the situation. If I can't control a situation, I try always to react in a positive manner, even to negative facts.

Each of the above habitual ways of acting, feeling and thinking does have a beneficial and constructive influence on your self-image. Experience them daily and you will find a marked decrease in worry, sense of guilt, and hostility; and an increase in self-confidence.



**WORDS
FROM
WINNERS**



Words from Winners

"I do the best I know how – the very best I can; and mean to do so until the very end. I will get ready, and then, perhaps my chance will come."

– Abraham Lincoln

I want to be remembered as the guy who gave his all whenever he was on the field.

– Walter Payton

There are only two options regarding commitment; you're either in or you're out. There's no such thing as life in-between.

– Pat Riley

You can't get much done in life when you only work on the days you feel good.

– Jerry West

Happy are those who dream dreams and are ready to pay the price to make them come true.

– Leon J. Suenes

I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win – if you don't, you won't.

– Bruce Jenner

Knowing is not enough; we must apply. Willing is not enough; we must do.

– J. Wolfgang von Goethe

We are what we repeatedly do. Excellence, therefore, is not an act but a habit.

– Aristotle

The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.

– Martin Luther King, Jr.



If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

– John Quincy Adams

“Every player on the squad, regardless of the amount of personal publicity or public acclaim he may receive, must always place team welfare above personal desires. This is not easy, but it is necessary. Each individual must work and prepare for the opportunity when his team can capitalize on his particular strengths, and he must do everything within his power to help his teammates to do likewise. There can be no envy or jealousy, but rather a sincere desire to have the team do well.”

– John Wooden

Victory belongs to the most persevering.

– Napoleon Bonaparte

“To get where you want to go, you’ve got to drive yourself and push yourself relentlessly. You’ve got to want to win so badly that the thought of coming in second is simply intolerable. And you’ve got to pay the price of winning. Paying the price, in anything you do, is spelled W-O-R-K. Days and nights of work. And it’s too bad that many men – men who are born with the basic talent – think of ‘work’ as a dirty word.”

– Bill Russell

“There are plenty of teams in every sport that have great players and never win titles. Most of the time, those players aren’t willing to sacrifice for the greater good of the team. The funny thing is, in the end, their unwillingness to sacrifice only makes individual goals more difficult to achieve. One thing I believe to the fullest is that if you think and achieve as a team, the individual accolades will take care of themselves. Talent wins games, but teamwork and intelligence win championships.”

– Michael Jordan

“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”

– Vince Lombardi

NILES WEST™ BASKETBALL



“The question is who will give up first. I believe you will pass out before you are overworked, but most people don’t know that. They think they are overworked so they stop. They weren’t beat physically. They were beat mentally.”

– John Havlichek

“Do the thing you fear the most and the death of fear is certain.”

– Ralph Waldo Emerson

“Do what you can, with what you have, where you are.”

– Teddy Roosevelt

“In close games, when the pressure intensifies and the margin between who wins and who loses can be as thin as an eggshell, we believe that all our hard work, all the long hours, and all the perspiration will enable us to come out on top. Why? Because we deserve it. We deserve our victory!”

– Rick Pitino

“If we’re playing hard in practice, under game-like conditions, then we’re just naturally going to play smarter and better during a game. That’s why all our practice drills are as game-like as possible.”

– Mike Krzyzewski

“Once practice starts, we work hard, and that’s the best conditioning there is. Everything counts. Every little thing counts. Run hard, play hard, go after the ball hard, guard hard. If you play soft, you won’t ever get into shape.”

– Pete Carril

“I continually stress to my players that all I expect from them at practice and in the games is their maximum effort.”

– John Wooden

“Prepare for every practice like you just lost your last game.”

– Don Meyer

“Once you learn to quit, it becomes a habit.”

– Vince Lombardi

NILES **WEST** **BASKETBALL**

“No one is bigger than the team. You’re going to be on time, you’re going to play hard, you’re going to know your job and you’re going to know when to pass and shoot. If you can’t do those four things you’re not getting time here and we don’t care who you are.”

– Hubie Brown

“I’ll show you some amazing wonders that have come about because people have dared to dream their dreams – and then had the courage, ingenuity, and perseverance to hammer those dreams into reality.”

– Pat Williams

“A wise man will make more opportunities than he finds.”

– Francis Bacon

“Desire is the key to motivation, but it’s the determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.”

– Mario Andretti

“Always bear in mind that your own resolution to succeed is more important than any one thing.”

– Abraham Lincoln

“That’s what building a body of work is all about. It’s about the daily labor, the many individual acts, the choices large and small that add up over time, over a lifetime to a lasting legacy. It’s about not being satisfied with the latest achievement, the latest gold star, because the one thing I know about a body of work is that it’s never finished. It’s cumulative. It deepens and expands with each day you give your best. You may have setbacks and you may have failures, but you’re not done. You haven’t even started.”

– Barack Obama

“Be a yardstick of quality. Some people aren’t used to an environment where excellence is expected.”

– Steve Jobs

“You can do anything you set your mind to, man.”

– Eminem



TRAINING RULES



Training Rules and Expectations

1. **Concentrate on your grades and homework.** Niles West basketball players are winners in the classroom and on the court. Great competitors compete to be the best in all areas of their life.
2. **Act like a champion at all times.** To be a winner, you must be a winner in everything that you do. This includes in the classroom, in social situations, and at home.
3. **Follow the Niles District 219 Code of Conduct.** You have made a commitment to your teammates and coaches.
4. **Get the proper amount of sleep each night** and be consistent about what time you go to bed. An athlete needs proper rest.
5. **See your coach first about any injuries.** He will send you to the trainer if it is appropriate. The trainer will determine if you need further medical attention.
6. **Missing practice is not acceptable.** Sickness, family emergencies, or studying are the only exceptions to this rule. If you fall behind in your studies, talk to your coach and he will determine the best course of action regarding practice.
7. **Contact your coach if you are sick** to let him know that you will not be in practice. If you need to leave school during the day, contact your coach before you leave school. If you stay home from school, contact your coach in the morning to inform him that you are out of school. Listed below is the contact information for each level:

Varsity

Coach Williams
847-626-2741
robwil@d219.org

Sophomores

Coach Braheny
847-626-2939
kylbra@d219.org

Freshmen

Coach Vana
847-626-2471
johvan@d219.org

Coach Greene
847-626-3125
brigre@d219.org

Coach English
847-626-2914
lareng@d219.org



Training Rules and Expectations

8. **Eat balanced meals at regular hours.** Use common sense in snacking between meals. Nutrition is extremely important for peak performance.
9. **Use common sense about dressing for the weather.** Hats, socks, jackets and pants should be worn when the weather turns cold.
10. **Dress appropriately for team functions.** Appropriate dress for game days, bus trips, etc., will be determined by the varsity team.
11. **Be on time for all team functions.** On time for practice means on the floor dressed and ready to practice at the appointed time. On time for bus trips means to be at school 15 minutes before the scheduled departure time.
12. **Avoid unacceptable social situations** that could put you in danger of breaking any of the training rules. Dating and parties are an important part of your growth and development. Always remember your commitment to your team. Be smart and avoid any social situation that could jeopardize your position on the team.
13. **Support all members of our program** with enthusiasm. Each of you is an important part of this program.
This includes attending games at all levels in order to support your program. See your coach if you have academic responsibilities and he will excuse you for this activity.
Together Everyone Achieves More.
14. **Act with class on and off the court.** The major driving force of our basketball program is that we are all champions. We will be positive leaders in the school and in the community. We will treat the people in our lives with the proper respect and our conduct will be exemplary not only in basketball but in every activity in our lives.



**GAME & PRACTICE
SCHEDULES**

ROSTERS



Schedules

The practice schedule is provided to give you a guide to the court time currently available for practice. It is subject to change due to scheduling conflicts, inclement weather, and other possible conflicts that, for a variety of reasons, cannot be anticipated. If school is cancelled for any reason, you will be contacted giving you information on the status of the scheduled practice or game for that day. The practice schedule and the game schedule is online at:

<https://docs.google.com/spreadsheets/d/1Qunn67D0isKio99Ix8BXnya8yoBhPj6u0thS6rzbdLM/edit#gid=0> or for just the game schedule at:
<http://il.8to18.com/NilesWest/schedule/basketball/b/all/2015-2016>

The schedule is for court time only. It does not include meeting times, team functions, or time for weightlifting. It is important that you communicate with your coaches and teammates on a daily basis so you are able to participate fully in all activities. Parents make many sacrifices to allow you to make a significant commitment to basketball so they also deserve to be informed immediately of any necessary schedule changes. Any changes in the schedules will be immediately posted on the school web-site in an attempt to keep everyone well informed of all activities. If you are unable to be at practice, it is imperative that you let your coaches know as soon as possible. The coaches schedule every activity in practice and your presence is important to that schedule. Thanks! We look forward to a great year – Good Luck!



PLAYBOOK



SCOUTING REPORTS

