



# HUSKY EVIDENCE OF EXCELLENCE



## Great Teammate

### LEAVE A LEGACY

Hardest worker, never settle. Leader on and off the court. There when teammates need you. Good and honest advisor. Trustworthy, make others better, selfless, focused. Great person to be around. Be such a good teammate that no one has anything bad to say about you. Be the glue.

### BE REMEMBERED

Encouraging, coachable, caring and positive. Work hard. Pick up teammates. Bring energy and bring the group together. Have your teammates back. They choose you when they want to go to war!

### EARN A LETTER

Bare minimum, not socially engaged, "cheerleader." Don't have much affect on the team. Be average. They are fine when you are gone.

### BE FORGOTTEN

Negative attitude, disrespectful, lazy. No energy, complain about playing time, coaches decisions, and why they are not starting, etc.

### BE GONE

Affect performance of others in a negative way, be late. Fight with teammates, the common denominator in problems. Bad teammate



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## **Communication**

### **LEAVE A LEGACY**

Extra effort to reach out to teammates. Send out reminder text to teammates. Always let coaches and other staff know if you are going to be late for anything with 24 hours advanced notice. Great communicator on and off the court. Friendly and get along with all teammates. Follow chain of communication. Respond in timely fashion to team communications.

### **BE REMEMBERED**

Mingle with all teammates, take time to reach out to coaches, staff and teammates outside of what is required.

### **EARN A LETTER**

Be there but don't add much input. Do the bare minimum.

### **BE FORGOTTEN**

Bad body language, late at times without notice, and poor communication. Disrespectful.

### **BE GONE**

Constantly argues with teammates and staff, frequently late without letting anyone know 24 hours ahead. Blatantly defies efforts of others.



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## BE ON TIME

### LEAVE A LEGACY

Be on time all of the time. The only time you are ever late it was excused. Excellent reviews from tutors, professors and advisors. Always at practice at least 15 minutes before and never late to meetings with coaches. Wake up teammates on road trips. Don't leave teammate in room. You are the example.

### BE REMEMBERED

Be on time. Good tutor, SAAS, and academic reports. If ever had to cancel or change, always take care of it 24 hours ahead. Early for meetings and practice.

### EARN A LETTER

Be on time 90% of the time. Cancel tutoring numerous times most of the time 24 hours before, sometimes last second but with a legitimate excuse.

### BE FORGOTTEN

Late on more than a few occasions, always have excuses for SAAS, tutors, professors and coaches.

### BE GONE

Late more than a few times to practice, SAAS, tutoring, class, and any other appointments. Repeated pattern of disregard for time.



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## **Off the Court**

### **LEAVE A LEGACY**

Respectful. Wherever you go you always represent UW WBB. Take pride in yourself and our program and what we do. Talk to people who are interested in our program and boosters. Promote the program. Be ready to do anything extra i.e. community service or recruiting. Never in places that you should not be. Be the example! Follow NCAA rules.

### **BE REMEMBERED**

Follow the rules. Always represent UW WBB, speak to UW family and boosters that you see. Don't be in places that you shouldn't. Do the right thing.

### **EARN A LETTER**

Represent UW basketball, occasionally in places that you should not be.

### **BE FORGOTTEN**

Get into trouble, have complaints made about you. Don't take pride in yourself or our university. Frequently in places that you should not be, and around people who are detrimental to your success. Don't represent yourself, the team or the university properly.

### **BE GONE**

Legal issues. Constantly get in trouble, don't represent UW in a positive light. Get involved in drugs or alcohol. Be disrespectful to people. Repeated pattern of NCAA rules or violations.



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## Social Media

### LEAVE A LEGACY

Positivity, always mentioning the team first. Always promoting yourself, the team, program, and University in a positive light. Talk positively and be genuine about your teammates. Post pictures of your teammates, gym facilities, apartments, campus, regularly friend and follow up with recruits who come onto campus.

### BE REMEMBERED

Notify coaches of information that recruits post about UW or other Universities. Talk positively about UW and your experience here.

### EARN A LETTER

Non team related but appropriate posts. Have social media and use it to retweet teammates, but not really to promote UW. Never post anything negative, but never anything positive either. Avoid following other pages of people who use excess pics/tweets of violence, sex, alcohol, etc.

### BE FORGOTTEN

Talking about insider things (i.e. injuries). Have social media but rarely use it to talk about your experience at UW Posting pics, tweets, pictures that include curse words.

### BE GONE

Air out teams "dirty laundry," on social media. Post pictures, jokes, tweets, involving curse words, violence, alcohol, sex, etc.



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## Nutrition/Team Meals

### LEAVE A LEGACY

Meets with nutritionist. Follows the plan with results. Fit and in shape at the beginning of the season! Never break nutrition rules, be a role model for your teammates. Make good choices in training table dinners and in the hotel rooms and on the road. Represent what a UW WBB role model is. Social and involve teammates during team meals.

### BE REMEMBERED

Follow nutrition plan. Eat right, follow instructions on the road. Don't order anything but what Lauren says is okay. Be in shape, physically fit. Help teammates eat well. Intermix with team and coaches during meals.

### EARN A LETTER

Non-social, but present and on time. Eat whatever, enough to get by. Listen to Lauren 90% of the time. Don't cheat on the road. Make pretty good decisions.

### BE FORGOTTEN

On your phone frequently. Eat fast food on the road, Pack tons of junk in your luggage.

### BE GONE

Eat fast food on game days and on the road. Order from the "not permitted to eat diet." Don't follow instructions. Disrespectful to staff and teammates at meals, bad food choices.



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## **Locker Room**

### **LEAVE A LEGACY**

Be the standard. Helps clean the locker when recruits are in town. Hold teammates accountable when they leave stuff around or aren't doing the right things.

### **BE REMEMBERED**

Clean, neat, follows locker room rules. Cleans when the locker room needs it. Hold teammates accountable.

### **EARN A LETTER**

Pretty neat, talks okay in the locker room. Cleans when needs to but doesn't do anything above and beyond.

### **BE FORGOTTEN**

Don't follow rules, borrow things without asking, be messy, don't take care of things.

### **BE GONE**

Steals, bring people inside without getting permission.



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## **Media**

### **LEAVE A LEGACY**

Always mentioning the team first, positivity about teammates, coaches and university. Present yourself and your team in a positive fashion, without bashing other teams or players.

### **BE REMEMBERED**

Talk about the team more than you talk about yourself, lots of positivity.

### **EARN A LETTER**

Engage in interview for the most part but at times are on your phone. Don't give much detail or enthusiasm about the team. Bare minimum.

### **BE FORGOTTEN**

Don't ever want to participate in media stuff. Bad attitude, talk more about yourself than the team.

### **BE GONE**

Negative attitude, bad mouth teammates and staff. Bad mouth other team and players. Make yourself and university look bad.



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## **Leader– Captain**

### **LEAVE A LEGACY**

Want the responsibility. Be the example. Hold teammates accountable, work hard. Be the coach on the floor, in the locker room and behind the scenes when things get tough. Follow the rules. Make it unacceptable to go against standards.

### **BE REMEMBERED**

Want the title. Be a good leader, bring the team together. Be consistent, be a good teammate, lead people and rally the team when things get tough.

### **EARN A LETTER**

Be okay. Don't do anything great or anything bad. Go through the motions. Be a captain just because you are a senior.

### **BE FORGOTTEN**

Divide the team, talk about teammate, be negative, don't give teammates rides after road trips, be selfish.

### **BE GONE**

Lie, cheat, steal, fight with teammates. Be dishonest.



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## During Official/Unofficial Visits

### LEAVE A LEGACY

Do extra! Take recruits out, drive them places and get to know them. ABC—Always Be Closing! Continued following with PSA's via phone calls, texts, and social media. Continue to invest in the lives of recruits we bring on campus, become a great friend to them, and above all, always be honest with them!

### BE REMEMBERED

Ensure that a recruit had an enjoyable visit. Tell her that you hope she comes back to visit again, or hope she signs with UW. Add her on social media but have limited or no interaction with her after she leaves.

### EARN A LETTER

Attend the team functions that are planned but spend majority of your time interacting with your teammates only. Be cordial and respectful. Talk to recruits only when you are talked too.

### BE FORGOTTEN

Avoid hosting. Be totally disengaged with recruits on campus, not treating them as important. Not being present or available for any of the activities planned for recruits. Complain about the recruits taking up your weekend.

### BE GONE

Saying negative things about the school. Violation of team rules and policies in the presence of PSA's and/or their family. Put PSA's in uncomfortable situations during their visit. Showing disrespect. Refusing to participate in team activities that are planned for the recruits.



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## In the Classroom

### LEAVE A LEGACY

Attend all classes, arrive early, know the professor and make sure professor knows you, sit in first 3 rows, actively participate in class, take advantage of all extra credit opportunities, attend all help sessions, inform instructor of travel and attempt to turn in work BEFORE travel, dress like a student, meet with professor on occasion during office hours.

### BE REMEMBERED

Go to office hours, be involved with professor. Attend 95% of classes, arrive early to class, actively participate, sit in first half of class, do extra credit work as needed to improve grade, inform instructor of travel and turn in work upon return, occasionally dress like a student, attend help sessions only when needed, seek out instructor only when a crisis hits.

### EARN A LETTER

Attend 90% of class, arrive to class on time, participate when called upon, sit in back half of rows in class, do the bare minimum to achieve passing grade, inform instructor of travel and return work later than due date, occasional missed in class assignments, dress like an athlete more often than a student.

### BE FORGOTTEN

Barely passing. Attend less than 90% of class, arrive late frequently, text or listen to music during class, instructor couldn't pick you out of a line-up, dress like an athlete daily, miss assignments, make the professors like difficult, require extra unwarranted attention.

### BE GONE

Academic fraud/dishonesty, plagiarism, cheating, repeated lying or disrespect.



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## Study Hall

### LEAVE A LEGACY

Show up on time or early to every appointment. Communicate with all staff if there was ever a situation where you will be late. Utilize tutoring to help get a grade higher. Being respectful at all times to anyone working is SAAS. Encouraging other teammates to take full advantage of the SAAS to improve their GPA's.

### BE REMEMBERED

Show up 90% of the time, communicate with the staff if there is a conflict. Be an active participant in all SAAS activities and always be respectful of the staff. Ask for extra hours to improve your grade.

### EARN A LETTER

Show up 80% of the time, only do the required hours put forth by the staff. Don't do anything wrong that would result in getting yourself in trouble but also not going above and beyond. Listen but not actively participating.

### BE FORGOTTEN

Have continuous excuses for why your participation is poor. Be a distraction to other student athletes in study hall. Being on your phone too much and not paying attention when tutors are trying to help.

### BE GONE

Being disrespectful to tutors and/or study hall monitors. Failing to show up repeatedly for scheduled tutoring.



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## **Academics/Tutoring**

### **LEAVE A LEGACY**

Come early. Bring questions ahead of time, bring class notes. Leave with the degree that you had your goal set for. Have a job offer or admission to the graduate school of your choice.

### **BE REMEMBERED**

Consistently be on time, sit in the first three rows, stay to completion. Be prepared before class. Build relationships with professors.

### **EARN A LETTER**

Be an A-B student with an occasional C. Miss periodically, be late periodically.

### **BE FORGOTTEN**

Cancelling less than 24 hours before. Do the minimum to get by. Have meetings with coaches and Kim about your effort in the classroom. Don't be on track to graduate in the time that you were supposed to.

### **BE GONE**

No show. Don't show to anything academic related, don't care. Cheat and lie.



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## Practice Habits

### LEAVE A LEGACY

Come focused. Inspire others. Be a great teammate, make your presence felt. Practice as hard as you play in the big games everyday. Be early and stay late, be mentally and physically prepared everyday! Give 110% daily. Never question coaches and be very coachable. Never makes excuses even when it's your fault.

### BE REMEMBERED

Work hard. Be a leader, refuse to allow us to have a bad practice, know what the head coach wants and demand and deliver. Have or create authentic enthusiasm. Goes hard all of the time. Listens to coaches, and makes teammates better.

### EARN A LETTER

Do just enough, lack passion and energy at times. Be on time and do what is asked. Go hard 90% of the time, cheers only when she feels good. Listens to coaches but sometimes makes excuses.

### BE FORGOTTEN

Non-attentive, doesn't work hard and negative attitude. Be mute, allow yourself to miss practice for a number of reasons. Don't work hard all of the time, and don't put in extra time with film or practice. Makes excuses when things get hard.

### BE GONE

Disrespectful. Poor attitude and effort. No "trust/talent/time." Doesn't compete. Barely on time. Lazy.



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## **Skill Development**

### **LEAVE A LEGACY**

Be committed to your game and to your body. Schedule basketball workouts, schedule weight room workouts, have a plan with your diet. Stay healthy. Bring a teammate with you and convince them to leave a legacy.

### **BE REMEMBERED**

Give great effort in the workouts you are in. Make strides every off season adding to your game. Do the work to change your body to improve your performance.

### **EARN A LETTER**

Come to scheduled workouts, make minimal improvements to your game and body.

### **BE FORGOTTEN**

Be content with your game, allow us to recruit over you.

### **BE GONE**

Miss workouts, be late, lack enthusiasm, stay injured.



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## Individual Development

### LEAVE A LEGACY

Be a gym rat! Make getting better a daily a priority. Always find time to do something to improve your game daily. Workout with at least one teammate every time. Encourage others. Watch film.

### BE REMEMBERED

Be a student of the game– watch lots of WNBA, NBA and college hoops. Set weekly goals of getting in the gym to work on your game at least 3x per week.

### EARN A LETTER

Put in extra work upon suggestion from coaching staff.

### BE FORGOTTEN

Only do the required individual workouts. Making everything else a priority over basketball and specifically over you getting better. Show up on time for workouts but don't arrive early or stay late for extra work.

### BE GONE

Poor effort, pace during individuals. Being a distraction to other teammates who are trying to get better. Being disrespectful toward WBB staff and/or teammates.



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## Weight Room/Training Room

### LEAVE A LEGACY

Push yourself and others and lead by example. Show up early and leave late. Exceed what is asked of you at all times. Get in the gym and training room for rehab/conditioning more than the required days and times. Encourage other teammates to get in extra rehab/lifts/conditioning with you. Communicate well about injuries with Jenn. Be proactive

### BE REMEMBERED

Work hard, encouraging, and give best effort. Occasionally get extra work in with Lauren and extra rehab with Jenn. Always work hard and give 100% effort. Show up early or stay late for extra when you do come in. Encourage teammates to push themselves.

### EARN A LETTER

Show up on time and do everything required in the training room for rehab and weights and conditioning. Follow the lead of others.

### BE FORGOTTEN

Make a mess, be selfish, find a reason to stop. Show up right on time or late. Have poor energy and body language while in the gym. Come late to rehab, or don't show up without communicating with Jenn. Cut corners at times, doing slightly less than expected. Disregard training room rules, skip exercises.

### BE GONE

Bad attitude, cheat, be lazy. Disrespect toward Lauren, Jenn and other UW staff. Fake injuries to get out of practice/conditioning. Constantly cutting corners, doing less work than asked and expected of you. Be injured with no care to get yourself better. Always having excuses.



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## **Injured During Practice**

### **LEAVE A LEGACY**

Fully engaged. Helping, cheering, coaching. Do your rehab on the sidelines and whatever else that you need to do to get back on the court. Be a great motivator to your teammates.

### **BE REMEMBERED**

Be a great cheerleader, show up on time and rebound for your teammates if you can. Try to make someone better.

### **EARN A LETTER**

Show up, but do the bare minimum. Only talk when the team is doing well.

### **BE FORGOTTEN**

Stroll in late, give minimum enthusiasm. Hardly around the team. Be on your phone. Distract those in practice.

### **BE GONE**

Negative attitude, bring other people around you down, no show. Repeatedly disengaged.



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## During Games

### LEAVE A LEGACY

Constantly encouraging teammates no matter what the circumstances. Bring tremendous energy whether you are on the court or on the bench. Encourage and inspire others to bring the same level of energy. Know the scouting report, assist teammates with information if needed. Always remain positive and have great body language! Be all in!

### BE REMEMBERED

Encouraging teammates and offering constructive criticism when appropriate. Willingness to accept constructive criticism during games. Offer support to teammates when you're on the bench. Be in tune with the game and getting others to show authentic energy on the bench and on the court. Someone who is extremely coachable.

### EARN A LETTER

Showing authentic enthusiasm for 75% of the game. Talking to your teammates when they come off the floor as well as during the game. Ability to accept constructive criticism from teammates.

### BE FORGOTTEN

Negative body language during games and pre/post game. Building a poor reputation with the PAC-12 officials and arena staff. Repeatedly getting technical fouls. Sharing poor sportsmanship toward opposing team. Only encouraging and cheering on teammates when things are going well on the court for you.

### BE GONE

Fighting with teammates, saying things that are derogatory, hurtful or inappropriate to teammates. Telling teammates instructions that are contrary to what the coaches are instructing. Disengaged on the bench and body language demonstrating that you're only there because you have to be.



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## Bench

### LEAVE A LEGACY

Authentic enthusiasm, high fives, help teammates remember plays and game prep. Own the energy on the bench and make it contagious. Embrace your role and master it. Extraordinary effort. Be the best 6th man! Inspire others. Perform.

### BE REMEMBERED

Present, positive and encouraging. Know the game plan, be able to play multiple positions. Have input for teammates and coaches.

### EARN A LETTER

Be present. Be ready to play, be good when we are good but be silent when we are bad.

### BE FORGOTTEN

Blaming the loss on someone, not high fiving or being encouraging. Go through the motions, limited conversation, indifferent body language.

### BE GONE

Don't be prepared, poor body language, negative talk before/during/after games. Question everything.



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## Film/Scouting Reports

### LEAVE A LEGACY

Know the tendencies about all personnel at your position. Know play calls and three main actions of the opposing team. Quiz your teammates so that you can encourage others to learn the information in the scouting report. Pay attention when breaking down their actions on the court regardless of how many reps you get. Ask for extra clips of the people you'll guard

### BE REMEMBERED

Watch extra clips of their personnel or their actions with the coach who presented the scout. Ask others if they also have thoroughly read the scout. Be able to know the scout and our counter no matter if you are on the scout squad or get to walk through it several times.

### EARN A LETTER

Be attentive while coaches are presenting scouting report. Read through the scout the day it is presented to you but never look at it again. Know only parts of the scout, such as the starters for your position. Know how we normally defend actions but uncertain on our plan B or C because you weren't 100% focused on the sidelines.

### BE FORGOTTEN

Fall asleep, distract others. Pay little to no attention while coaches present the scout. Not showing up on time for scout meeting. Only page you look at is the pictures. Lack of attention to details within the scout. Put the scout in your locker and never look at it again prior to the game.

### BE GONE

Talk to other teams about what we are doing. Leave your scouting report on the court for opponent to see. Never read the scouting report and are unprepared for your opponent. Fall asleep while coaching staff is presenting the scout.



# HUSKY EVIDENCE OF EXCELLENCE



## Team Travel

### LEAVE A LEGACY

Respectful to everyone, excited to travel, focused but friendly to all! Always wear team issued travel gear, practice clothes, and backpacks that's on the weekly calendar. Abide by all rules in hotels, airplanes, airports, and bus. Talk to people who ask about UW, take pictures, autographs, etc. Be 100% respectful of your roommates space, belongings, and noise level.

### BE REMEMBERED

Always wearing proper travel gear, backpack, and shoes on a trip. Wear UW and your own practice jersey to practice, wearing headphones at the gate. Being cordial to passengers, airline staff, bus driver, etc. Making sure that all teammates have same color dri-fit tights, etc.

### EARN A LETTER

Don't complain, show up but kind of go through the motions. 80% of the time do what is asked, but add your own flare to the team travel gear. Forget proper practice gear to wearing a teammates instead.

### BE FORGOTTEN

Wearing non-Nike products, travelling with personal backpacks instead of team issued one. Continued issues concerning lack of respect for roommates on the road (always on the phone, iPod too loud, affecting roommates ability to sleep). Being difficult to get along with or not trying to get along with others.

### BE GONE

Foul language, disrespectful to workers and staff. Repeatedly wearing wrong travel suit, jackets, beanies, etc. Always having to be confronted about wearing headphones at impermissible times. Wearing clothing of other Universities besides UW. Being caught stealing a teammates property or vandalizing hotel, locker room or bus.



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## Attire

### LEAVE A LEGACY

Go purple, be gold! Always wear the correct attire. Remind teammates as to what to wear and how to look UW-like. When a teammate has on the incorrect attire, let them know. Be the standard!

### BE REMEMBERED

Usually wear the right attire (90% of the time). Look good most of the time, allow teammates to borrow something that they forgot. Rarely forgets anything, wearing and brings correct stuff.

### EARN A LETTER

Usually wears the right stuff. Forgets once in a while but will change when a teammate asks.

### BE FORGOTTEN

Forget jersey. Always has to be reminded to take something off and put something else on. Pain in the butt while traveling.

### BE GONE

Steal teammates clothes. Continually goes against and doesn't follow the rules for attire. Wears ear phones and improper attire constantly.



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## Community Service

### LEAVE A LEGACY

Go above and beyond to do extra. Genuinely want to help out when we ask. Do community service on your own. Be the player that they want to invite back and bring teammates. Sincere. Bring coaches community service activities that you are passionate about. Be involved in a community service activity independently of the team. Make a difference.

### BE REMEMBERED

Be present at all community service activities that we organize. Be engaged while present. Bring teammates with you. Build relationships.

### EARN A LETTER

Attend half of the activities that are available. Show up but keep to yourself.

### BE FORGOTTEN

Attend regularly and receive more than you give.

### BE GONE

Don't show, when you show complain and have a bad attitude. Make the team look bad.