CHAMPIONSHIP
PRACTICES

**Absolute Concentration**
- no lapses of focus, attention to detail, little things matter

**Authentic Enthusiasm**
- genuine excitement, honest encouragement, real joy

**Receptive to Coaching**
- nothing is personal, respond to critique, two ears one mouth

**Meticulous Preparation**
- prepared to practice, eat/sleep/study balance, training room on point

**Positive Body Language**
- non-verbals scream excellence, visible confidence, police each other

**Effortless Motivation**
- team provides energy, player driven, coaches never address

**Teammates First**
- team B4 me, help the helper, respect is earned and given

**Competitive Family**
- make each other better, leave it in the tunnel, leave it on the “W”