



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"

