

Do You Want to Be Cool or a True Champion?

A true champion is a person of character who has their act together. It is not about money fame, good looks, or victories. It is about being someone who is loyal, responsible, dependable, productive, and a giver. Below is a list of action steps that have been put together to help us all stay on the track that leads to being a true champion:

1. Act like a winner. It is important to handle yourself at all times with class and integrity, especially in the tough times that truly test everyone and usually bring out our worst instincts.
2. Be committed to hard work. Hard work is not always fun, but it's the price you must pay to be more successful. The harder you work, the tougher it is to surrender.
3. Be nice. Treat others the way you would like to be treated.
4. Avoid having to be right all the time. Your goal is to connect with people, not defeat.
5. Be committed to doing things the right way. Remember that perfect practice makes perfect.
6. Learn to stay relaxed and friendly no matter how much tension you're under.
7. Write down your goals and review them often. When you fail to plan, you are planning to fail by default.
8. Don't put things off. Get in the habit every day of doing the more unpleasant things first. If you tell someone you're going to do something, then do it.
9. Learn from your mistakes. There are four things you should do with a mistake:
 - a. Recognize it
 - b. Admit it
 - c. Learn from it
 - d. Move on
10. Dress and look your best at all times. The lower you wear your pants, the lower the IQ.
11. Walk more erectly and confidently in public with a relaxed but more rapid pace.
12. Sit up front in the most prominent rows when you attend class, meetings, etc.
13. Be on time. Always try to be at least ten minutes early.

Basketball Player Lingo

Some argue that players today have a slightly different attitude than those from back in the day. As a public service, VictoryHusker.com offers up this condensed list of terms and definitions used by many players today to explain their play or describe teammates. Enjoy!

Team Player – a player that passes me the ball

Ball Hog – a player that wants me to pass him the ball

Monster – a player half an inch or more taller than me

Little Man – a player shorter than me

Referee – a blind idiot with an irrational hatred for me

Defensive Star – a player who can't shoot

Playmaker – everybody's best friend that has very little skill

Bad Pass – a ball that I fumble

Switch – what you holler on defense when you have no idea where your man is

Help Out – when I leave my man unguarded and get in the way of my teammate guarding the pivot man

Clog the Middle – two players helping out at once

Good Look – any shot I can get off

Bad Look – any shot taken by my teammates

Luck Shot – basket made by the man I'm guarding

Cry Baby – opposing player that complains to the referees

Fighter – teammate who complains to the referees

Travelling Call – the refs way of getting even

CORE VALUES OF QUALITY BASKETBALL PROGRAMS

1. A commitment to and demonstration of respect for the basketball program.
2. Be a student of the game in order to play with a purpose.
3. In order to promote continual improvement, work hard and see criticism as a compliment.
4. Accept your role and sacrifice yourself for the welfare of the team.
5. Care about your teammates and demonstrate a willingness to help them reach their full potential.

ARE YOU IN OR ARE YOU OUT? YOU MUST DECIDE.

Are you a good team Player?

By E.G. Bauer

If you have ever played a team sport – and most of us have – then you know that there are good players and good team players, as well as poor players and poor team players.

What's the difference? A person can be a good player without being a good team player. This is evident in the many sports we watch on television.

The all-star quarterback can decide to keep the ball and run with it, even though everyone else sees an open pass receiver far downfield. Often in an attempt for personal glory, this quarterback gets sacked.

In basketball, a star player can decide to shoot the ball, rather than pass it on to a teammate who is in a better position to make the basket.

These players may score occasionally, supporting the fact that they are indeed good players on an *individual* basis. But many coaches wouldn't want them on their teams.

Instead, coaches prefer good team players – people who are willing to sacrifice personal acclaim for the good of the entire team.

Most likely, that's what your company wants, too. After all, you were selected to be a member of your employer's team. If teamwork wasn't expected, why go to the bother of establishing a team? The work could be divided so that it could be done by individual "stars" working alone.

Do you want to be a good team member? Here's how to do it:

- **Know what the team must accomplish.** Also, inform fellow members of the team's goals if they are in the dark.

- **Determine goals to be accomplished.** Input from everyone is valuable. Your contribution is important. Discuss ground rules, procedures, and expectations to avoid most future disagreement.
- **Share mutual respect.** You've got to be willing to trust the skill and expertise of other group members and to become interdependent, forsaking some of your own independence to do so.
- **Do your part.** Keep commitments you make to coworkers. Volunteer to help out teammates when they face a tight deadline.
- **Speak up.** To be a top team member is a big responsibility. Some people prefer to sit on the sidelines and remain silent. They withhold any contributions. Then, they can later say, "I told you so."

Good team members don't do that. They are committed at the outset and are willing to reveal their thoughts and feelings to others. Overall, it takes courage to be a good team player.

- **Share the glory.** You will make a poor team player if you try to cop all the glory for ideas that work – and backpedal on those that don't.

A good team member wants everyone on the team to succeed. You can stand out by praising the people you work with. It makes good business sense. Those who make it to top management positions are those who can motivate others and work cooperatively.

It isn't easy to be a good team player. And it won't always be noticed when you are. But *you'll* know. And eventually so will everyone else.