

White Oak
Independent School District
Athletic Handbook

Dear Roughnecks, Ladynecks, and Parents,

We would like to welcome you to the opportunity to become a White Oak Roughneck/Ladyneck. We are pleased that you want to commit yourself to becoming a contributing member of the White Oak family. It is our hope that the experience you have while in athletics will be both enjoyable and successful. Your coaches look forward to helping you grow through the learning experiences that will be presented while in athletics.

The information provided within this handbook is meant for you to be able to read and understand the rules and regulations set forth by the White Oak Athletic Department. This handbook is used as a guide for the athletic programs. The coach of each sport may set forth additional rules.

The acknowledgment page of this handbook must be signed and on file in order for the student-athlete to start and/or continue competition within White Oak ISD. This is simply an agreement between athletes, coaches, and parents to abide by the rules of this handbook. We can't wait to Defend The Derrick with you!!!

Michael Ludlow
White Oak ISD
AD/Head Football

DTD
DEFEND THE DERRICK

INDEX

- Mission Statement - 4
 - Philosophy – 4
- What to Expect From the Coaches - 4
- Parent/Coach Expectations and Communication – 5, 6, 7
 - Chain of Command – 7
 - Practice Sessions – 8
 - Specialization - 8
- Multiple Participation Athletes – 8,9
 - Team Travel - 9
- Grooming Standards and Dress - 10
- Care of Facilities and Equipment - 10
- Athletic Period and Grading Policies - 11
 - Lettering and Athletic Awards - 11
 - Quitting or Changing Sports - 12
 - Conduct - 13
- Minor Violations and Consequences – 13, 14
- Major Violations and Consequences – 14, 15
 - Drugs - 16
 - Alcohol – 17, 18
 - ISS or AEP Placement - 19
 - Physical Examinations - 19
 - Asthma Medication - 20
 - Pregnant Students - 20
 - Weather Conditions - 20
- Spectator Expectations – 21, 22
- Top 10 Attributes of an Elite Coach, Athlete, and Team – 23, 24
 - Acknowledgment Form - 25

MISSION STATEMENT

We will build a program that will promote the growth of quality students, athletes, men and women. Work ethic, toughness, and determination will be learned through discipline and strong, moral choices. Through these lessons we will learn to win in the classroom, athletic competition, and life.

PHILOSOPHY

Athletics is an integral part of the educational process. Participation in the athletic department is a privilege, not a guaranteed right. All student-athletes will be held to a higher standard. There will be demands made towards the athletes that will not be made towards the general population.

There is a variety of sports offered that will provide a means of participation. Each team will have additional rules and stipulations in regards to participation, lettering, and requirements that are mandatory for remaining in good standard as a member of the team. Our purpose as an athletic department is stated above in our mission statement. In addition to that statement we will also...

- Promote among the players, communities, and school's a spirit of friendly rivalry and respect for the game and its rules.
- The ability to accept decisions of officials as partners to our school in the education of all student-athletes.
- Promote good sportsmanship and fair play in all contests.

WHAT TO EXPECT FROM THE COACHES

1. An unprejudiced relationship with all players
2. Knowledge of the sport and 100% effort at all times
3. Firm discipline when unsportsmanlike conduct or rules are broken
4. Concern for all every aspect of the students growth

PARENT/COACH EXPECTATIONS

Since our parents play a very integral role in the success of our teams we always like to lay out what the parents can expect and what will be expected of them. We are huge believers in communication and making sure it is done efficiently. With that being said we would like to start with an expectation that is universal for everyone involved in our program. Each person will be expected to act in a manner that will promote our school and team positively. Parents will always be encouraged to yell and cheer for the entire team as loud as possible. However, if you have a negative comment for the coaches, players, or referee's then please keep them to yourself. No matter what your opinion is it is important that we always stay in support of each other. If coaches, parents, or players are mouthing each other to people then it causes dissension on the team in one way or another. Remember that coaches always make the decisions that they believe are best for EVERYONE involved. When dealing with officials we ask that you keep the bashing out of the stands. We understand that there will always be calls that are disagreed with but when people on our side yell at the ref's continuously they are creating a hostile attitude towards our side. Remember that referee's are also human and capable of mistakes. The only people that should say anything to the referee's are the coaches. Negative remarks towards the players, coaches, or referee's will not be permitted and will be grounds for removal from the event. We will never allow someone to cause dissension among our team. That includes coaches, players, or parents.

PARENT/COACH DISCUSSION

As your child becomes involved in athletics it will be one of the most rewarding times of their lives. Remember, there will be times when things don't go as your child would wish. This is when discussion with a coach is encouraged. It is the first step in a resolution. However, coaches will never answer parent or fan questions on game days or after games. If you have any questions or comments you will be expected to take some time to collect your thoughts or cool off before you approach a coach. When things are handled in the heat of the moment there is usually never anything good that comes from the situation.

TOPICS TO DISCUSS

There are some topics that we as coaches will never discuss with anyone outside of our team and staff. A few of those items are as follows.

1. Playing Time and Position
2. Play Calling, Team Strategies, and Game Tactics
3. Any discussion about other student athlete's

We understand that it can be difficult to accept that a child is not playing as much as hoped. However, coaches make decisions based on what is best for everyone involved.

Items that are appropriate for discussion are as follows.

1. Treatment of your child
2. Ways to help your child improve his or her skills
3. Concern's about your child's behavior

If you feel that you need a conference with a coach then please follow these procedures.

1. Call or e-mail the specific coach.
2. If the coach can't be reached then call the Athletic Director and he will set up the meeting.

PLEASE DO NOT attempt to confront a coach before or after a practice or contest. These can be emotional times for both of you. These meeting times usually don't promote positive resolutions.

When you schedule the meeting a coach will only be expected to meet with one set of parents at a time. He will not be expected to meet with a large group. However, if the issue has to do with your child then the coach would be expected to meet with the parents and child at the same time. This will keep the lines of communication consistent and concise.

If the athlete would like to meet with a coach on his own then we always have an open door policy to our athlete's.

EXPECTED COMMUNICATION BETWEEN COACH & PARENT

Listed below is a set of items that parents can expect to have communicated to them from coaches.

1. Philosophy
2. Expectations and goals for your child and the entire team
3. Locations and times of practices and games
4. Team requirements, special equipment, strength and conditioning program
5. Procedure if your child is injured during participation
6. Team rules, guidelines, and consequences for infractions
7. Eligibility requirements including attendance

There are also a few things that the coaches will expect to have communicated to them by the parent's. Those items are as follows.

1. Concerns addressed directly to the coach
2. Notification of any scheduling conflicts well in advance
3. Notification of illness or injury to the athlete as soon as possible

CHAIN OF COMMAND

1. Position Coach
2. Head Coach
3. Girl's Coordinator (if in girls athletics)
4. Athletic Director
5. Assistant Superintendent
6. Superintendent

Athletes are expected to attend every practice. When circumstances allow someone to be excused from practice, permission should be requested from the head coach in advance. Injured athletes should make every attempt to observe practice. All squad or team members are expected to be dressed and at the designated area at the appropriate time. Missed practices can result in a loss of playing time. Each sport may have their own regimen for making up missed practices. There will be no mandatory practices or contests held on Sunday. Parents / Spectators are allowed at practices only if the practice is deemed to be “open to the public” by the Head Coach of that sport. If a practice is deemed “open” the attendee must not interrupt, talk to players/coaches, or disrupt practice in any way. This will be grounds for immediate dismissal from the premises.

SPECIALIZATION

Athletes will be encouraged to participate in every sport that they have an interest in or could help the team. Specialization will be discouraged by our athletic department. No coaches will attempt to recruit an athlete out of a sport or make an athlete stick to only one sport. If you see a violation of these rules at any time then please relay this information to the athletic director.

MULTIPLE PARTICIPATION ATHLETES

All athletes participating in White Oak ISD athletics make a commitment to their teammates and their school. Each program demands the commitment of the athletes time and energy. Part of this commitment is to be a student who strives for academic excellence. Another part of that commitment is to place the White Oak Roughnecks/Ladynecks above participation in any non-school sanctioned activity and attend all practices and games scheduled by White Oak coaches.

If an athlete chooses to miss a White Oak athletic practice because of participation in an activity not under the direction of White Oak ISD without consent then the student-athlete will be suspect to suspension from contests. If this instance happens again then the student-athlete could be removed from the team. In the event that a student-athlete misses a White Oak ISD athletic contest to participate in an activity not under the direction of White Oak ISD, the student-athlete can be released from the team immediately and would not be allowed to be re-instated. If a second offense occurs, the student-athlete will be suspended from any athletic participation for the remainder of the school year. The student-athlete may become eligible during the next school year after a meeting with the athlete, parent and coach.

TEAM TRAVEL

1. Athletes will be expected to travel to and from competitions with their team. A student may leave following a contest with a parent or designated adult only if arrangements are made by the parent, in writing and approved by the appropriate coach, prior to leaving White Oak.
2. Food and drinks are not allowed on the bus unless approved by the coach. All student-athletes will be expected to keep the bus clean and pick up around their seat before they exit the bus.
3. Coaches will attempt to get students back home as soon as possible after contests, especially on school nights. We will occasionally stop to eat so parents may want to send a little money with the student.
4. Athletes should be on time or be left behind. Unless prior approval of the situation has been approved by the head coach and principal, no athlete will be driven by a parent or drive themselves to a contest and participate in an athletic event. Promptness is a habit that will be expected later in life. Therefore that habit is something that you will definitely want to grow accustomed to.

Athletes will always be expected to be as neat and clean as possible. Athletes will not be allowed to wear any grooming styles that are seen as trying to set a person apart from everybody else on their team. If there is a situation that is deemed to set one apart from the rest of their team then the student will not be allowed to compete in a contest until the situation is corrected to the approval of the athletic director & head coach. Male athletes will also not be allowed to have any visible piercings during a contest or athletic period.

All student-athletes will be expected to dress with class. This means that a student may be asked to leave a school event and change if a style is deemed to be excessively revealing or derogatory. A dress code for competition days may be required by a coach of a specific sport.

CARE OF FACILITIES AND EQUIPMENT

We will always respect what we have and take care of it. Everything is to be hung in an athletes locker. Only shoes should be on the floor of a locker. Trash will be expected to be picked up when you pass by it, whether it is yours or not. Failure to follow these few simple policies will result in an individual or team punishment at the discretion of the coach.

Athletes will be issued equipment throughout the school year. Each athlete will be responsible for the return of the equipment or payment if lost or stolen. An athlete will also be required to return all issued equipment upon the request of the coach. Prices of all equipment will be replacement costs. All athletes will be issued a locker and a combination lock. Athletes should lock their belongings in their designated locker before, during, and after practice. If a lock is lost a replacement fee will be charged.

The strength and conditioning gained from athletics is valuable to all sports. All student-athletes within White Oak ISD who participate in the team sports of Football, Volleyball, Boy's/Girl's Basketball, Baseball, & Softball will be required to be in the athletic period. Seniors who have completed their competitive season and will not be in any other sport may be moved out of the athletic period.

Grades are not based on a student-athletes' athletic ability. Grades will be based on the student-athletes' willingness to act, behave and cooperate in such a manner that will allow for the success of the athlete and the program itself. All student-athletes will begin each grading period with a grade of 100. Points will be subtracted for conduct or behavior detrimental to the program or its standards. Excessive absences could result in a failing grade. An athlete could possibly fail the class or be removed from athletics.

LETTERING AND ATHLETIC AWARDS

Awards will be given at the end of each year to student-athletes who have exemplified the qualities that are becoming of a White Oak Roughneck/Ladyneck. Participants in all varsity sports are eligible for award consideration. The athletic director will have the final say in determining whether a player is to receive a letter jacket or any other award. Attitude, attendance, conduct and other requirements may be used to determine if a participant will receive an award. An athlete will receive award consideration if the athlete has finished the season as a member of the varsity team that is in good standing.

To receive consideration for a letter jacket the athlete must be a good standing member of athletics for the duration of the year. The student must remain eligible for the entire sport competition season. The athlete must participate in half or more of the innings or quarters played that season unless an alternate amount of playing time has been set forth by the head coach and approved by the athletic director. Track shall be to point at district. Managers letter at two years.

Quitting is an intolerable habit. Commitment to being a Roughneck/Ladyneck will be a valuable lesson that you will learn in athletics. From the time a team plays its first regular season competition a player will not be allowed to quit and go to the next sport, even practice, until the sport they quit is completely over. If an athlete is in two sports then they will not be allowed to quit one and continue participation in the other sport. There are two exceptions to this rule. The first exception will be if the student athlete has been written a doctor's statement that says that the first sport cannot be participated in but the second sport will be permitted. The second exception will be if both coaches involved and the athletic director decide that it would be beneficial to the athlete without being detrimental to the team to make the mid-season change. Before they can move on the athlete must have all equipment from the previous sport checked in or paid for and the athletic director must have officially approved the change.

Concerns and frustrations can usually be worked out with communication between the athlete and coach. When it comes to considering quitting there are a few steps that a coach will take when talking to a student-athlete.

1. Discuss reasons for wanting to quit.
2. Discuss consequences of quitting.
3. Collect all equipment.
4. Inform the Athletic Director.
5. Keep student on the roll until change has become official.

If the athlete wants to rejoin the team then the decision will be up to the athletic director and the head coach.

The conduct of an athlete always seems to be under more scrutiny than anybody else. It is important that a White Oak Roughneck/Ladyneck attempts to make the right decisions in all aspects of life. We will attempt to handle all situations with class and respect. By understanding self-discipline through our program we will be able to discipline ourselves so that others don't have to.

In competition we will be gracious in defeat, humble in victory, and under control at all times.

While in school our actions will exemplify what it means to be a positive example for the entire student body, faculty and staff.

While on trips we represent not only our school but also our community. We will always dress and behave in a manner that positively reflects what we stand for.

MINOR VIOLATIONS

Minor violations are generally thought of as mistakes made from time to time. While these mistakes may not pose a problem if they are isolated cases, it is the concern of the athletic department that these violations or infractions do not repeat themselves. Minor violations are only monitored when the athlete is on-campus or on a school function. These actions are discouraged off-campus, but will be the responsibility of the parent to handle these situations.

Examples of minor violations:

- Unexcused tardies
- Failure to dress out
- Failure to dress appropriately
- Failure to demonstrate a good attitude or sportsmanship
- Possession of tobacco
- Disrespect to authority figure
- Loss of equipment
- Horse-play
- Fighting

* Violations not listed will be handled in a fair and consistent manner.

Coaches will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Minor violations will carry different consequences depending on the nature of the offense. Coaches will strive for consistency in handing out punishment. Persistent behavior of minor violations can result in suspension from contest or removal from athletics.

MAJOR VIOLATIONS

Major violations demonstrate a problem that needs to be addressed by the athletic department immediately. The following rules apply twenty-four hours a day, seven days a week, and three hundred sixty five days a year for all students participating in extracurricular activities. Students can be found to have violated this policy only on the basis of credible written reports from professional school personnel and law enforcement officials. The school administration along with the athletic director will determine the credibility of the report. Criminal charges or citations filed against a student will automatically be considered credible.

Examples of major violations are as follows.

- Possessing or using drug paraphernalia
- Possessing, selling, or delivering to another person look alike drugs or items represented to be drugs or contraband of any kind
- Possessing, selling, giving, delivering to another person, using, or being under the influence of marijuana, alcohol, a controlled substance, or any dangerous drug
- Engaging in conduct that contains the elements of an offense relating to glue, aerosol paint, or volatile, mood-altering chemicals

- Confirmed consumption of alcohol through drug test, citation or sobriety test
- Stealing
- Any conduct resulting in arrest and/or citations from law enforcement officers (traffic violations will be reviewed by the athletic director to determine if a major violation has occurred)
- Threatening to use a firearm or any object determined as being a weapon in a manner that is prohibited by law
- Sexual Harassment

*Violations not listed but are considered to be major will be handled in a fair and consistent manner.

HOUSE BILL 114 VAPING

House Bill 114, passed in the Texas regular session and it requires schools to put students in DAEP if they sell, give, have, or use a vape within 300 feet of any school property on or off.

MAJOR VIOLATION CONSEQUENCES

Coaches will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Major violations excluding drugs and alcohol can result in suspensions or removal from athletics. Drug and alcohol violations will be handled through the following procedures.

First Offense (in season) - automatic 2 week suspension from all extracurricular activities. The athlete will have mandatory counseling through an awareness program and will have to provide a certificate of completion to the school. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional assignment.

First Offense (out of season)- carries 30 hours of community service approved by the school administration. There will also be mandatory counseling through an awareness program and will have to provide a certificate of completion to the school. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional assignment.

Second Offense - carries an automatic one calendar year (365 day) suspension from all extracurricular activities. The athlete must provide proof of completion of 12 hours of a drug awareness program with prior approval of appropriate school personnel. The drug awareness program will be at no cost to White Oak ISD. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional assignment.

Third Offense - results in permanent removal from all extracurricular activities for the remainder of the time the student attends any White Oak ISD school.

First Offense (in season)- 14 hours of community service approved by the school administration. There will be a mandatory parent/student meeting with school administration. There will also be mandatory counseling through an awareness program and the student will have to provide a certificate of completion to the school. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional assignment.

First Offense (out of season)- 14 hours of community service approved by the school administration. There will be a mandatory parent/student meeting with school administration. There will be mandatory counseling through an awareness program and the student will have to provide a certificate of completion to the school. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional assignment.

Second Offense (in season)- 30 day suspension while school is in session (inclusive of weekends and day activities that may be scheduled over holidays) from all extracurricular activities. The athlete must provide proof of completion of 12 hours of an alcohol awareness program with prior approval of appropriate school personnel. The alcohol awareness program will be at no cost to White Oak ISD. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional work.

Second Offense (out of season)- 30 hours of community service approved by the school administration. The athlete must provide proof of completion of 12 hours of an alcohol awareness program with prior approval of appropriate school personnel. The alcohol awareness program will be at no cost to White Oak ISD. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional assignment.

Third Offense- one calendar year (365 day) suspension from all extracurricular activities. The athlete must provide proof of completion of 12 hours of an alcohol awareness program with prior approval of appropriate school personnel. The alcohol awareness program will be at no cost to White Oak ISD. The athlete shall also perform additional conditioning exercises as determined by the appropriate coach. If the athlete is involved in more than one sport, the coaches will together decide the additional assignment.

Fourth Offense- will result in permanent removal from all extracurricular activities for the remainder of the time the student attends any White Oak ISD school.

Students sent to ISS for general misconduct violations will be eligible to practice outside of the school day while in ISS. However, students will be required to run or perform assigned tasks due to missing the workouts during the athletic period. Student-athletes are ineligible to participate in an athletic contest until their time has been completed.

DAEP (ALTERNATIVE EDUCATION PROGRAM) OR EXPULSION

Students placed in DAEP or expelled may not participate in any athletic event or practice during their placement. In addition to this rule the student will also have additional consequences when they return to the team.

1st Placement- The student will have to run 25 miles before they can compete in an athletic competition once they return to school and practice.

2nd Placement- The student will be suspended from competition for 2 weeks from the day that they return to school and still run the 25 miles.

3rd Placement and subsequent placements- The student will be suspended from competition for 6 weeks from the day that they return to school and must complete the 25 miles of running.

PHYSICAL EXAMINATIONS

All athletes must have a physical examination in order to compete in athletics. Physicals are considered good for a duration of 2 years. If a student fails to obtain a physical in a reasonable amount of time then they will be removed from athletics.

Law states that if a student has severe asthma they can possess and self-administer prescription asthma medication on school property if they meet certain requirements. Those requirements are as follows:

1. The prescription label shows that the medication has been prescribed to that specific student
2. The self administration is done in accordance with the directions on the label or in the written physicians note
3. The students parent has provided the school with
 - A. a signed authorization allowing the student
 - B. a written statement from the physician stating that the student can self administer the medication, name and purpose of the medication, prescribed dosage, and times it can be used
 - C. an original container of the medication

PREGNANT STUDENTS

Once a student-athlete finds out she is pregnant, she must have a written release from her doctor stating that she is able to participate in an athletic program. The student-athlete must provide medical consent from a physician at each subsequent visit to the physician.

WEATHER CONDITIONS

No student-athlete will ever be put at risk when there is a danger evident. We will always make an educated, well informed decision as to what the best interests of everyone involved will be.

- * A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.**
- * Learn the rules of the game, so that you may understand and appreciate why certain situations take place.**
- * Show respect for the players, coaches, spectators and support groups.**
- * Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.**
- * Recognize and show appreciation for an outstanding play by either team.**
- * Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game or near the site of the event (i.e. tailgating)**
- * Be a positive role model at events through your own actions and by censoring those around you whose behavior is unbecoming.**
- * Game officials can ask that school administrators have unruly fans removed from a contest facility.**
- * There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.**

*** Parents and spectators should be aware that the school can (and will) remove them from the premises due to any type of disruptive behavior. (Disruptive behavior can be defined as, but not limited to, foul or abusive language, berating of officials, taunting of all fans, players or coaches, lack of cooperation with school officials, not remaining in the bleachers, refusing to leave a restricted area, bringing food and drink into the gym/ stadium, etc.) Spectators may be removed from a White Oak ISD event for violation of these rules or any other school rules. Spectators removed from two contests will be suspect to a suspension from White Oak ISD contests for a period of time. Severe violations may result in an immediate ban from future events.**

*** Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and just plain common sense.**

*** The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.**

ATTITUDE

In order to maintain the right attitude we have to look at everything as a positive. Everything that happens is either a motivator or encourager. A motivator is someone or something that attempts to tear you down. However, instead of tear you down, a motivator makes you work harder to prove them wrong. An encourager is someone or something that lifts you up when you are down and helps you to keep going through praise and appreciation.

DISCIPLINE

This attribute can be summed up in a quote. “It is not enough to get things done; they must be done correctly.” Discipline must be exercised in temper and focus. If someone screws up then they feel bad enough as it is after they recognize the situation. You must reinforce that they are part of the family and that we now must work harder to accomplish our team goals. To be disciplined is to focus on what you are doing at a particular moment without letting in outside distractions.

EXCELLENCE

This is everyone striving together to reach our team goals. To know what everyone is striving for we must set goals and scheme a plan that will help everyone achieve those goals. Excellence is not just how you perform in a game but also how you prepare.

FAITH

Faith is the ability to believe in what you do not see right in front of you. You have faith that your other teammates are going to do what they are supposed to even though you can't see them when they are performing the task.

BELIEF

Belief is simply putting faith to work because you believe that you can power through any hardship that may cross your path.

Work is not the hours that you put into accomplishing a task. Work is what you put into those hours. Using steroids or drugs is simply a way of bypassing work and taking the easy way out. Two other aspects of work are persistence and toughness. Persistence is being able to bounce back from anything. Toughness is the ability to make the right decision even if it is not the popular one. "Everyone has a plan until they get hit."

HANDLING ADVERSITY AND SUCCESS

It is not the event that defines the person. How you react to that event tells what type of person you are. To handle these events you must use your blinders, like the race horse. The race horse trains and competes without seeing what is happening around him. It just needs itself to compete with. That is the mark of a true athlete!

LOVE

This word is not meant to represent the things that bring you pleasure. It is a sense of commitment you feel to help and care for those around you. It is the ability to lay everything inside of you on the line for the greater good of the people around you.

RESPONSIBILITY

Knowing your role, no matter how big or small you think it is, and understanding that your team is counting on you to handle YOUR responsibility. We all know the difference in right or wrong. The fact of the matter is that we all have different twinge levels.

TEAM

Winning and losing affects more than just the group in the locker room. There will always be players that are in it for themselves. However, if the majority of the players care for the team and everyone involved then they can model for everyone else. Every great team has the aspects of love for one another and discipline. Every championship team will also display the virtue of unselfishness.