

Rock Creek High School Men's Basketball Covenants
WORK HABITS- UNSELFISHNESS- CLASS
2016-2017

Hard Work- A Rock Creek basketball *player* works hard in practice and games. A Rock Creek *team* always plays with great heart, desire, and hustle.

What does this look like?

- Hustling from drill to drill in practice
- Running the floor hard in practice and games
- Diving on the floor for loose balls
- Taking charges
- Running off the court when you come out of a game
- Hustling to help your teammate get up after they take a charge
- Playing hard on both ends of the court
- Crashing the boards with passion
- Never give up in practice or games
- Keeping your focus

Unselfishness- A Rock Creek basketball *player* is an unselfish player who is dedicated to success of the team and firmly believes that the best interest of the team comes first. A Rock Creek Basketball *team* has genuine chemistry where the players support each other and accept their roles.

What does this look like?

- Seeing the ball go the length of the court for a score without touching the ground.
- Players look out for each other on and off the court
- The team has a family atmosphere and doesn't take things for granted
- Seeing the players on the floor communicating throughout the game
- When going out of the game you encourage your sub and jog off the court
- You are never publicly critical of teammates, coaches or yourself
- Knowing your role and doing the best to fulfill it
- When on the bench, you are encouraging the team with enthusiasm
- Everyone appreciating the contributions of all the members of the team
- Players are willing to make individual sacrifices for the betterment of the team
- Doing things together off of the court
- Not getting caught up in individual glory ,attention, or honors

Class- A Rock Creek basketball *player* demonstrates class on the court, in the classroom and in the community. A Rock Creek basketball *team* takes pride in their behavior, appearance, and sportsmanship.

What does this look like?

- Being a gentleman and leader in the classroom
- Acting responsibly in public and in the community
- Being a positive role model for younger kids to observe
- Displaying outstanding sportsmanship in victory and defeat
- Shaking hands with your opponent after the game
- Having your uniform tucked in
- Dressed up and looking sharp on game days
- Being respectful, using these words often: please, thank you, and you're welcome
- Not responding negatively to officials, coaches, or team members, verbally or body language
- Walking with confidence and good posture
- ❖ You take pride in keeping facilities neat and clean

Seniors

Juniors

Sophomores

Freshman