

Rosemont Basketball Culture

I. Positive Attitude

- * Requires work to maintain for some, comes natural for others, essential for all to have
- * Allows us to do the next 'right thing' in front of us
- * Safe guards the trail for us to remain "teachable" in life

II. Respect

- * Critical element in all healthy relationships
- * You walk in to each relationship with a level of "self-respect" that at the very least, should be in tact (if not stronger), when you walk away
- * Respect and tolerance for others prepares students to live productive lives as they relate and work with others

III. Responsibility

- * Can only be obtained through initiative, relentless effort, perseverance and the dependability of one another to be a good example

IV. Self-Discipline

- * The ability to be in control of our actions so we can make positive choices that benefit ourselves and others
- * Our ability to learn from discipline is made strong through keeping a good conscience and an increased level of patience

V. Relationships

- * Learning how to be a good friend and co-worker builds our own self-esteem
- * It involves our ability to cooperate, to be honest, to have courage and to desire friendship

VI. Personal Goals

* We want to have confidence in our future by taking care of the hopes, dreams, goals and challenges of today

* Yesterday is history, tomorrow is a mystery, so we better take care of right now

VII. Citizenship

* Our experiences tie together as we represent our families, our school, our communities

* This show us that our lives are important now and sets a foundation for becoming active citizens in adulthood

VIII. Conflict Resolution

* We manage our feelings and resolve disagreements nonviolently

* Effective conflict resolution involves applying a variety of character skills to listen, communicate, and compromise to come up with peaceful solutions

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Basic Philosophy

The philosophy of basketball at Rosemont High School is based on the assumption that all players are dedicated to the contributions they can make to the team. See a need, fill a need.

If we are to be successful, we must excel in the **TEAM** aspects of the game. We must be more dedicated than our opponents. We must be in better condition. We must subjugate personal glory for the good of the **TEAM**. And most important, we must be tougher physically and defensively than anyone we play.

We must maintain a disciplined culture that holds everyone, coaches and players... *accountable*..... based on a mutual respect for one another that will enable us to get the maximum **TEAM** performance at all times.

Program Goals

1. To compete & challenge at all times, in order to prepare the team for daily success.
2. To improve both individual and team fundamentals.
3. To learn something about ourselves as well as develop life skills through hard individual work and team cooperation.
4. To work hard in order to improve, while having fun.
5. To select a team through honest evaluation based on a combination of skills described in the skill evaluation rubric.
6. To create a team where responsibilities are clearly defined and all are held accountable.

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We Believe.....

1. Both coaches and players must have mutual respect for one another.
2. The coaches run the show, no arguing in practice or the games. You will have a chance to talk.
3. Basketball is a game played with hands, feet, heart, and mind.
4. Defense is as important as offense.
5. In a pattern offense with free lance opportunities and the constant threat of a fast break.
6. We can help each and every player improve his skills.
7. No one likes to be criticized, but players must learn to accept constructive criticism.
8. Basketball is a game of pressures and the successful players learn to adjust to these pressures.
9. Basketball is a contact sport, and each player must “give up his body” on many occasions.
10. There is no place for profanity in the gymnasium.
11. No player is indispensable to the program.
12. When a player ceases to learn, he starts downhill.
13. Team success is in direct relation to individual sacrifice.
14. **IF YOU ARE BEHIND IN YOUR STUDIES, YOU WILL BE BEHIND IN BASKETBALL!**
15. Conditioning is seldom a factor in a basketball game until the last ten minutes; then it becomes the only factor
16. We must respect all opponents but never fear one.
17. We win or we lose, NEVER I.
18. Physical mistakes are normal, but mental lapses are inexcusable.

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Self Improvement

Ten Most Common Offensive Mistakes

1. Bouncing the ball every time you get it.
2. Running up court with your back to the ball.
3. Taking shots when your team is not properly balanced.
4. Forcing and taking shots out of your range.
5. Forgetting to crash the offensive boards.
6. Forcing passes into the post when the player is closely guarded.
7. Allowing the defense to sag by standing still; you must move with a purpose.
8. Misuse of screens, both by screener and cutter.
9. Not faking before making a pass.
10. Not being properly spaced, 10-15 feet apart.

Ten Most Common Defensive Mistakes

1. Allowing the man with the ball to be comfortable because of no ball pressure.
2. Allowing man and ball to penetrate without being challenged or stopped.
3. Getting caught underneath, must be ball-you-man.
4. Forgetting to sprint back and protect the basket.
5. Not hedging a ball screen or getting caught on a screen, you must fight to get through.
6. Not blocking out.
7. Slapping and reaching instead of moving your feet.
8. Falling for fakes- Leaving your feet and lunging into the passing lanes, no diving by.
9. Refusing to communicate with teammates.
10. Losing sight of the ball, see the ball and your man.