



October 26, 2010

To: All Prospective Stoughton Boys Basketball Players

CC: All Prospective Stoughton Boys Basketball Parents

From: Coach Hockett, Head Boys Basketball Coach, Stoughton High School

Re: "VIKING ATTITUDES"

Veterans – Here they are again. **Read Them.** There is no compromise or change in the list. Rookies and Newcomers – Understand and learn the list. As a member of the 2010-2011 Viking Basketball team you are required to adhere to the following 35 statements. You must live and play by these **"35 VIKING ATTITUDES"** if you are to be a team member in the basketball program in the town of Stoughton.

"If you are not with us, you are against us"... *BUY IN!* There is no life in between; there is no exception. Remember – *"KEEP PREPARING TO BE CHAMPIONS! EXPECT TO BE CHAMPIONS! EARN IT!!!"*



Viking Basketball Attitudes



1. Go to class.
2. Compete. (No excuses!)
3. Be on time. Be early. Tardiness will not be accepted.
4. Listen.
5. Make the simple play.
6. Huddle up as a team on free throws.
7. Run to the bench when substituted for.
8. Run to timeouts.
9. Run to the locker-room.
10. No cussing on the court.
11. Control external emotions. (No hanging head/no pouting/no complaining)
12. Be strong both physically and mentally.
13. Assume every shot will miss, both offensively and defensively. (Physically check off – REBOUND!)
14. Never quit on a play! Never!
15. Never question a referee's call. (No technical fouls)
16. Use study time wisely realizing academics come first.
17. Take care of your body like a championship athlete. (Do not pollute it!)
18. Accept criticism and direction unconditionally from the coaching staff.
19. Be involved in the community. (Give back to the people of Stoughton)
20. Realize it is not the style of play that wins, but rather the EXECUTION OF THAT STYLE!
21. Dive on the floor for all loose balls.
22. No poor body language.
23. No pointing fingers. (Unless for a good pass acknowledging a teammate)
24. Cheer for your teammates while on the bench.
25. Possess the attitude of gratitude – say “please and thank you.”
26. Look people in the eye when communicating. (Especially in team huddles)
27. Be a role model both off and on the floor.
28. Be humble in victory – proud in defeat.
29. When representing the Stoughton basketball program, dress as a person proud to be a Viking.
30. Echo communication both on the floor and on the bench.
31. Possess both mental and physical hustle.
32. Do not do things that look like fouls.
33. Do not live at the end of the line.
34. Know that the difference between a mature player and an immature player is one hour.
35. Private victories precede public victories.