

# Training Expectations & Demands

"Basketball records are a matter of great personal pride, however, your record as a person is the most important record of all"

To be successful, each player as well as the team collectively, must be possessed with the desire and determination to develop superior physical condition. Throughout the course of the season the team will be pushed and trained hard. However, it is going to be up to you, individually, to see that your maximum physical condition is achieved and maintained. Conditioning and training programs are designed to meet the following objectives:

1. To prepare you to be in better condition than any team you will play.
2. To allow you to sustain with ease and efficiency the pace required in game competition. (Basketball players in an average game run approximately 3-3/4 miles at an average speed of 10 mph. This is the toughest assignment in team sports.)
3. To build a reserve for the extra efforts and overtime games.
4. To increase your individual performance. (Quickness, jumping, strength, and timing.)
5. To raise your the level of individual abilities and coordination. (You become sharper in fundamental skills of the game as the conditioning level increases.)
6. To help you eliminate fatigue and cut down on injuries.
7. To increase your proficiency in team play. (Conditioning allows a team to play harder and faster for longer periods of time.)

## Training Demands:

Because of the importance of physical condition and team morals to a successful season, willful violations of the training code cannot be tolerated or ignored. It is going to be up to "team pressure" to see that the code is adhered to and followed. Your coaches are not policemen or detectives.

1. You must get at least 8 regular hours of sleep each night. Proper rest is just as important to physical conditioning as exercise and diet. Training hours should be 11:00 p.m. on weekdays and 1:00 a.m. on the weekends. The night before a game the hours should be 10:30 p.m. You will be expected to be home by these hours and in bed shortly after.
2. Eat three balanced meals. Substitute fruit and fruit juices for desserts and snacks.
3. The use of alcoholic beverages and drug abuse cannot and will not be tolerated in any degree or form. Violation of this rule should result in the immediate dismissal from the team.
4. No smoking. Research has proven that smoking has a detrimental effect on the circulatory and respiratory systems, and thus athletic performance. Any player who smokes is untrue to himself, his teammates, and his coaches.
5. Be on time whenever time is involved. In the case of absence, notify a coach beforehand. If you are late to practice report before dressing.
6. Work to prepare yourself for the best. Anytime you go onto the court you are expected to give nothing less than your best effort.
7. Absolutely no profanity or obscenity should be used on the court or in the locker room. An educated people can clearly express themselves without resorting to profanity.
8. Refrain from alibing, griping, and criticizing others. These may lead to the lowering of morale which can only hurt the team. Some disagreements are to be expected; therefore if you disagree strongly with something or someone, air your views with the coaches, but be open minded and also respect their views.
9. Report all injuries and illness to the coach.

**CAUTION:** Any player who breaks training not only betrays themselves, their teammates, their coaches, their followers, and everything basketball stands for, they are also cheating their Maker that gave them the ability to be a success. If any player shows disloyalty to all these and does not feel guilty, they do not belong in the basketball world, let alone on your team.

**NOTE:** You only have a few short years to play competitive basketball, so don't waste them. After your basketball career is over, if desired, you will still have 50 years to party and "Hoot with the owls."