

## *Mission Statement*

*The mission of the **Conway Lady Wampus Cat** basketball team is to work hard and have fun.*

*We are team of individuals, committed to accepting our roles, choosing optimism, communicating, and loving one another.*

*Our team **WILL** be united, not letting outside influences or jealousy distract our purpose.*

*Our team **WILL** conquer adversity.*

*Our vision is to reach our full potential and to win a state championship.*

*We **WILL** focus daily on our mission to achieve our vision.*

## Grade Level Expectations

### **7th Grade:**

- Basic Fundamentals
  - Using both right and left hand
- Understanding Rules and Procedures of the Game
  - Examples: 3 seconds in the lane, 5 seconds for in-bounds, checking in and out of the game
- Form Shooting
- Man to Man Principals
  - Ball, deny, help

### **8th and 9th Grades:**

- Transition Offense and Defense
- Floor Spacing
- Pace
- Developing the “why” we do things
- Building Basketball IQ
- Deeper understanding of Man to Man Principals
- Read and reacting on offense
  - Playing the game as it is presented to the player
- Offensive and Defensive Team Concepts
- Strength and Conditioning Development
  - Weight Room

### **JV & Varsity:**

- Overcoming Adversity
- Competitive Mentality
- Discipline
- Understanding the Roles of a Team
- Work Ethic

- Coping Skills
- Life Skills
- Serving Others
  - Teammates, School, Community
- Celebrating the Success of Others

**Expectations across the Board:**

- Communication on and off the floor
- Team 1st Mentality
- Character>Process>Results
- I get better, WE get better, the PROGRAM gets better

**Expectations of Coaches:**

- Loyalty
- Unity
  - ONE Voice
- Promoting/Branding
- Communication
- Our players, our teams, our program