

Farson-Eden High School Basketball Philosophy

Five Commandments of Pronghorn Basketball

1. Demonstrate a Positive Attitude

One of the five most important commandments shall be a positive attitude to every daily challenge. There will be no "I Can't" or "We Cant's" within our program. Simply put, it will not be tolerated. Anything can be accomplished if one truly wants it. A positive mental approach will allow the staff and players to develop a positive learning environment, which will lead us down the road of success.

2. Demonstrate a Strong Work-Ethic:

The Second Commandment shall be hard work. The success of the program must rest on the ability of each participant, to make hard work their passion. Each student-athlete shall devote himself to reaching his full potential academically and athletically. A successful team is one that is comprised of players who believe in the importance of becoming the best and are willing to strive towards that objective. Beyond working hard, we will work smart. Our players will not allow distractions to interfere with our endeavors and we will be persistent, dedicated, and determined in our daily tasks.

3. Demonstrate Positive Personal Character:

The Third Commandment shall be personal character. Each student-athlete will work to become the best person possible. Each player will respect their teammates, take full responsibility for their actions, fix problems through positive communication, instead of fixing blame, discipline themselves so others won't have to, and establish good habits daily. Each player will be truthful and honest. In addition, we shall be humble in victory and gracious in defeat.

4. Be Unselfish:

The Fourth Commandment shall be unselfishness. Each player will put the team before themselves. Successful programs are successful because individuals are able to sacrifice their individual aspirations and achievement for the good of the team. Each player shall live by the motto, "I am representing you and you are representing me." Each player in the program shall use the terms "our, we, us", instead of "me, my, and I."

5. Be Loyal and Supportive To Their Teammates:

The Fifth Commandment shall be loyalty and support. Each member of the team must be loyal to their teammates and must learn to support the group. Never allow yourself to get into a situation where you will break down the trust of your teammates or the staff. We must be able to trust each other, depend on each other, and learn to use communication within the group to problem solve. "For the strength of the pack is the wolf and the strength of the wolf is the pack."