



FVHS LADY TRAPPER BASKETBALL CORE COVENANTS

Core Covenants	CHARACTER	HUSTLE	UNITY
	qualities of honesty, courage, or the like; integrity	to proceed or work rapidly or energetically	a whole or totality as combining all its parts into one.
Our Definition	<i>To be a person who will always be honest, courageous, of high integrity and strives to be the best person they can, both on and off the court.</i>	<i>To be a person who is willing to work as hard as you can to get what you deserve at all times on and off the court.</i>	<i>To be a person that always puts the team first, to always look after each other, to be there for one another, support each other and work together on and off the court.</i>
Covenants Look Like School	<ul style="list-style-type: none"> 🐾 Do the right thing, even if someone is not looking, step in to help others who need help whenever possible. 🐾 Encourage others to make good decisions, and do not be afraid to hold yourself to a higher standard. 	<ul style="list-style-type: none"> 🐾 Be to class on time, sit in the front row, and pay attention in class. 🐾 BE A ROLE MODEL for someone else. 🐾 To work hard at each class, to ask for help as needed, and to be as enthusiastic about your education as you are about winning basketball games. School is 1st, but basketball is a very close 2nd! 	<ul style="list-style-type: none"> 🐾 If one of you have an issue, you all have an issue, good and bad. 🐾 Sit together in class, study together when possible, and support each other at every opportunity. 🐾 Sit as a team at every opportunity! Lunch, games, other events etc.
Covenants Look Like In The Community	<ul style="list-style-type: none"> 🐾 Being a stand up citizen who volunteers when possible in the community 🐾 Encouraging others to get involved in the community and setting the example for others in your own community 🐾 Open doors for others, using polite language such as please and thank you, and always being helpful to others. 	<ul style="list-style-type: none"> 🐾 Help your parents when/before they ask, and know that we all know you have more than one speed to do something. 🐾 Try to give back to your community-volunteer whenever you have the opportunity-take it! 	<ul style="list-style-type: none"> 🐾 Stick together and do things together in the community 🐾 Volunteer together as a team at Dozer days each year in May, and other events scheduled. 🐾 Present yourself well in all situations, how we act affects all of us.
Covenants Look Like In Practice/Training	<ul style="list-style-type: none"> 🐾 Being on time and ready to practice 🐾 Never giving less than all you have at every drill, in every situation 🐾 Be coachable – accept constructive criticism as a compliment. 	<ul style="list-style-type: none"> 🐾 Sprinting to and from drills. We do not walk from one place to another, EVER! 🐾 Diving for every loose ball that is within your reach. 🐾 Going hard at every drill in practice! 🐾 Expecting others to go as hard as you are! 	<ul style="list-style-type: none"> 🐾 No individual is more important than the team! 🐾 Do not be selfish, for example, not talking on defense, not rebounding, and showing disrespect to another team member are examples of selfishness, we expect more! 🐾 Contribute in a positive manner to your team every day!
Covenants Look Like In Games/Competition	<ul style="list-style-type: none"> 🐾 Be first to help up a player you foul or knock down! 🐾 Welcome other competitors, fans, and officials into our events and encourage them to return. 🐾 Trust each other to do the best you can do to play together and compete together. 	<ul style="list-style-type: none"> 🐾 Get every loose ball! Do not give up second shots, box out your man every time! Do not get out rebounded! GET DEFLECTIONS! 🐾 Give it your all, let coach decide when you come out, prove that you want to be on the court! 🐾 Be aggressive and do not back down from anyone! 	<ul style="list-style-type: none"> 🐾 Prepare together for competition as a unit. 🐾 TEAM first, win or lose, we do it together as a team. 🐾 Be respectful to your own teammates, as well as your opponents and officials by being the first to help up a player that is knocked down, and staying composed and ready to compete to the best of your ability. This goes for being on the court and in the locker room.

You are not an FVHS basketball player because you were given the athletic ability to jump high, run fast, or throw hard. You will be judged not by your talents, but by your actions, by your performance, not by your potential, by how you treat other people and by what you give, not what you take. A Lady Trapper basketball player demonstrates her commitment to school, community, and team by living the core covenants of the FVSH Lady Trapper Basketball Program.