

## Morton High School Player Guide

The honor of playing basketball for Morton High School carries with it a tremendous amount of responsibility. This player guide will detail what your coaches feel your responsibilities are. Your coaches are committed to providing you with every opportunity to improve yourself as an athlete. We are going to ask you for your trust, and demand that you follow the guidelines for our program. If you follow our guidelines and give us 100% effort, the rewards will be very gratifying. You will be a winner, and Morton High School will have the best basketball program in the State.

The following qualities are necessary for you to be one of the best players in our program. Our major concern is for you to develop yourself to become the best player you are capable of becoming. This includes disciplining yourself in all areas of your life in order that you may attain your greatest and fullest potential, both as a player and as a person.

1. Dare to Dream – **“We’ve got to have a dream if we are going to make a dream come true.”**
2. Establish goals to achieve that dream.
  - **Hard Work**
  - **Improvement**
3. Are you coachable? Can you handle coaching? Can you take criticism without looking for an alibi? Are you capable of giving yourself to the program physically and mentally? Will you always do your level best to try to improve? – **“Attitude is everything.”**
4. Are you a player or just a “participator”? Do you want to win with a passion, never taking “no” for an answer when there is a job to be done, a rebound to get, or a loose ball to dive for? Extra effort is mental. Human nature is your biggest opponent. Sports psychologists confirm that the mental ratio to the physical is 4 to 1. Did you ever know an athlete who was possessed with great physical talent but never seemed to reach his potential? There are thousands of those kinds of players. Do you come to play every time you take the court – to win, or do you merely participate and go through the motions when you feel like it?

**“There’s a difference between interest and commitment. When you’re interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses, only results.”**

5. Are you mentally tough? Does the screaming crowd on the road “shake you up” or do you get tougher? Are you the guy who complains that “the basketball has too much air in it; the lights are too bright; the basket must be too high; the floor is slippery; the refs are against me; my opponent is too rough for me.” Or are you the guy who grits his teeth, lets nothing bother him, and does everything it takes to succeed? – **“Raise your level.”**

6. Can you play with that little ache or pain? Are you the guy who spends hours in the training room, lets a little cold keep him from practicing, cries when he hurts a finger, runs to the bench if he cuts himself? Do you gut it out or do you complain? The player we want is the kid we can count on regardless of how many chips are stacked against him. He knows how to succeed! – **“A tough identity.”**

7. Are you willing to practice? ...not just reporting and putting in the necessary time, but working every day with the same effort, speed, and determination you use during a ball game. The great athletes are the ones who have one speed, and it is the same every time out, every day, every practice, and every game. If you loaf and cheat in practice, you will do the same in a game. Basketball is a game of habits – good habits transfer over from the practice court onto the game floor and on into everyday life. If you are unable to make a practice, meeting, or game because of an illness or a very important reason, you **MUST** call your coach. We are concerned about you. We need to know why you cannot make practice, the game, or that meeting.  
– **“Practice like a champion everyday.”**

8. Are you willing to make sacrifices? Conditioning to play is not fun. It is not easy. It is punishing yourself and disciplining your body and mind to getting into game and speed condition. Training is exacting; the responsibility is heavy. It is rough and includes personal denials in order to remain in tip-top condition, but it also has great rewards. Basketball players in great condition are the best athletes in the world. When you are in top shape, you can get out on the floor and give 100% all the time. Be prepared to be in the best shape of your life as a Morton Potter Basketball Player. – **“Fatigue makes cowards of us all.”**

9. Do you have the burning desire to improve? Are you willing to practice the things you cannot do more often than the things you do well? We have seen too many players spend their time doing what they already do well; they never improve. Our purpose at Morton includes making our players total players; that is we strive to attain all-around skills such as handling the ball, posting up, and running the break. Are you prepared to improve on all of our skills in order to make yourself a “total player”? – **“All great achievements require time.”**

10. How are you when the pressure is on? Can you concentrate on the work to be accomplished at the moment? Can you shut out from your mind a previous failure, success, rule infraction, or personal insult in order to give undivided attention to the offensive and defensive play in the here and now? Games are not won by yesterday's score but by what is happening now, at the moment. The truest test of an athlete is how well he performs under pressure. When the pressure is on, do you run away from the action and hope for someone else to pick up the load, or are you willing to take the clutch shot if called upon? – **“Confidence through preparation.”**

11. Do you respect all opponents? Or, do you just get psyched up for the biggest games. You must learn that regardless of the opponent, you play just as hard every time you take the court. There are no true peaks and valleys in performance, merely in attitudes. Upsets happened because of superior teams overlooking or not respecting their opponents. Do not be guilty of this. Play the same speed against everyone – respect anyone who wears a uniform – **“Play against the game.”**

12. Are you willing to study? Basketball does not take the place of the real reason you attend Morton High School. We have grade checks, and we publicly acknowledge our players who score well in the classroom. Your academic performance is how teachers and fellow students in the community perceive you.

13. Are you willing to fulfill your responsibility as an athlete? Most positions in life carry responsibilities with them; however, few young men look up on being an athlete as having a position that has responsibilities But YOU DO! When you play basketball for Morton, you are a well-known personality throughout our school and community. Because of this, you are continually observed; fellow students, teachers, and the general public will keep their eyes on you. Do you have sufficient pride in your personal appearance? Is your language above reproach? Athletes at Morton High School are a select group of students who learn to carry themselves in an admirable manner in class, on the court, and in the community. Remember, whatever you do will be a reflection on the Morton Potter Basketball Program, your coaches, your teammates, and yourself.

14. Do you believe in your school, your team, and your coaches? Morton High School is one of the finest and most respected schools in the state of Illinois. Are you willing to work toward a spirit of oneness so that everyone possesses the feeling of belonging through his contributions? Our commitment to you and your family is to help guide you through your high school years; help prepare you for days following graduation; and to make you the best player and person you are capable of becoming. When you come out of a game, communicate with your replacement as to whom you are guarding and what position you have been playing. Your conduct coming off of the floor is most important.

## Specific Guidelines for Morton Basketball Players

### POTTER ATTITUDE!

1. Be on time for all practices, meetings, and games. Absence and/or continued lateness undermine the efforts of the entire squad; it will not be tolerated. "POTTER TIME"
2. 100% is the minimal effort we will accept. Practice session will be approximately two to two and one half hours long. Give it your best effort.
3. Give individual attention to your coaches' instructions and directions. "Yes, Coach"
4. A selfless attitude is what a Morton basketball player stands for.
5. Profanity is not allowed.
6. Respect yourself, teammates, coaches, and school.
7. Communication – look people in the eyes when talking.
8. Attitude of gratitude – Say "Thank you."
9. Never let your emotions overrule your head. – COMPOSURE
10. Be more concerned with your character than your reputation.
11. Be enthusiastic and encouraging while on the bench.
12. Play and practice harder than everyone in the state.
13. Always remain positive.
14. Be humble in victory, and gracious in defeat.
15. No hats in the building
16. Avoid school detentions. They will cost you playing time.
17. Have fun.
18. Be a family.
19. Make sacrifices based on the commitment you have made to the team.
20. Any use of Alcohol, Drugs, or Tobacco will result in suspension from play with the team.

Our program is built on the TEAM concept. We believe that individual goals will be taken care of by the team's success. To us, teamwork is defined as the merging of skills and talents of a group of people into a single force much stronger than that of any individual. This force is unbeatable. It enables those who work together to win together. To accomplish this, we must be unselfish. We must be willing to make sacrifices based on the commitment we have made to each other. We want team players that are committed to our winning tradition. We want players who place the TEAM above their own personal motivations.

**“Our preparation must be so complete that when we are faced with difficult challenges we will remember how much we have sacrificed and the commitment we have made to accomplishing team goals.”**

