

Coach Dennison's Expectations

1. Take care of your body, your mind and your spirit.
2. Have fun living and learning
3. Show up! You have to show up to play.
4. Be positive!
5. Be at least 15 minutes early ready to help and clear your mind of other distractions.
6. Stay focused. Leave problems outside the gym doors (maybe not pick them up when you leave).
7. Do not talk bad about your teammates or your coaches. Look for the good intentions of others.
8. If you have any problems talk to your coaches. We want the best for you.
9. Perfect practice makes perfect. Never give up on the ball. Give 110% effort.
10. Call the ball, communicate with teammates.
11. Carry yourself in a respectful manner. Do not let others know you are upset.
12. Poor attitude, body language and verbal abuse will put you on the bench!
13. Take off all jewelry for practice and games.
14. Study the game. Know your positions and purpose. Know all players positions and purpose.
15. Ask questions.