



# ***LOCKPORT PORTERS***

## **TEN POINT PHILOSOPHY**

### **1. CHALLENGE YOURSELF MENTALLY AND PHYSICALLY AT EVERY GAME/PRACTICE.**

- FINISH PLAYS WITH INTENSITY
- BE PREPARED FOR ALL SITUATIONS BEFORE THE BALL COMES TO YOU.

### **2. PLAY WITH ALL OF YOUR AGGRESSIVENESS AND TOUGHNESS**

- DON'T BE AFRAID OF MAKING A MISTAKE.
- FIND WAYS TO PUNISH YOUR OPPONENT.

### **3. NO MISSED PRACTICE TIME**

- PLAY THROUGH SMALL HURTS.
- FIGHT THROUGH SICKNESS / TAKE CARE OF YOUR BODY

### **4. IMPROVE SOMETHING EVERYDAY**

- HONESTLY EVALUATE YOUR ABILITIES  
KNOW YOUR WEAKNESSES AND WORK TO MAKE THEM A STRENGTH
- DON'T JUST "MAKE IT THROUGH" PRACTICE
- HAVE GREAT PRIDE IN YOUR OWN WORK HABITS.

### **5. PLAY WITH ENTHUSIASM**

- LOVE THE GAME.
- IMPROVE OTHER PEOPLE'S PERFORMANCE.

### **6. PRACTICE AT A HIGH INTENSITY LEVEL**

- SKILLS WILL IMPROVE QUICKER.
- GAME INTENSITY WILL RISE.

### **7. BE A LEADER**

- ENCOURAGE DURING TOUGH TIMES.
- DON'T LET "AVERAGE" DRIFT INTO OUR PROGRAM.

### **8. BE TOUGH - MINDED**

- ADVERSITY CAN'T SLOW YOU DOWN.
- WEAR OUT YOUR OPPONENTS(WITH EVERY PLAY INTENSITY)

### **9. KNOW HOW TO PLAY THE GAME**

- ASK QUESTIONS.
- DON'T JUST WATCH THE GAME, STUDY IT.

### **10. ABOVE ALL ELSE**

- TOUGHNESS
- UNSELFISHNESS
- COMMUNICATION