

LHS Men's Varsity Basketball

- 1.) Compete
- 2.) Go to class, be on time, and pay attention
- 3.) No jewelry in practice or games
- 4.) When a Coach or teammate is talking, make eye contact
- 5.) Maintain a 2.5 GPA every semester
- 6.) Don't make excuses, make plays
- 7.) Arrive to every team meeting 15 minutes early
- 8.) Always play in a stance
- 9.) 3 absences year round; use wisely
- 10.) Play the Zebra Way
 - Take charges
 - Dive on loose balls
 - Pick up teammates
 - Run to locker room, water, and timeouts
 - Stand for subs
- 11.) Play for the front of the jersey, not the back
- 12.) Attitude of gratitude
 - Say thank you, be a gentlemen on and off the court
- 13.) No "Look At Me Items"
 - Headbands, armbands
 - Socks and shoes
- 14.) If you have a problem with something, go to Coach first

The Ultimate Goal is to be NCAA Clearinghouse eligible by your senior year.



Home Of The Fighting Zebras

