

## Vision

### What our ambition is

To learn more about basketball and be good friends on and off the court.

## Mission

### How we are going to achieve our vision

Play team basketball, with an edge.

## Special Friends 4 Core Values- What we believe in

### 1- Attitude is everything

- Basketball is supposed to be fun. Make sure you have fun when you come to the gym.
- You have to keep your ears open to learn. Listen to your coaches, team mates, parents and caregivers.
- Sometimes things change. Between seasons, with new coaches, in different game situations, we have to be able to change.

### 2- How we practice is how we play

- Be to practice on time, with your gear on, with no distractions and ready to practice.
- Lazy practicing is unfair to your teammates. Drills are designed to help make you better as a player and teammate. Active practice gets you game time.
- Repetition makes you a better athlete. Practice your drills away from our gym and at home or with friends. Learn.

### 3- Play as a team, win as a team

- Always treat your teammates with respect. You have to talk to each other, play defense together and pass each other the ball to win.
- No one superstar can win the game. Winning is not about only you as a player, it is sharing and trusting.
- You lead by showing your team what to do, not by telling. Get to the basket.

### 4- Defense wins medals

- The secret to winning championships is not scoring a lot, it is stopping the other team from scoring.
- Hands up on defense. Hands down means man down.
- Protect our house, my term for our basket and the area near by, also called the paint or the lane.