

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.