# ZM Cougar GBB Standards

1. NO EXCUSES

* We always believe we have what it takes to win.

2. GREAT DEFENSE

* We know defense is the key to winning championships.
* We will always do the little things.
* We are always willing to do the dirty work to win.

1. COMMUNICATION

* We look each other in the eye.
* We tell each other the truth.
* We build our teammates up, we don’t tear them down.

1. TRUST

* We believe in each other.

1. COLLECTIVE RESPONSIBILITY

* We are committed to each other.
* We win together.
* We bounce back from defeat together.

1. CARE

* We have each other’s back.
* We help a teammate.

1. RESPECT

* We always respect each other and our opponents.
* We are always on time.
* We are always prepared.

8. INTELLIGENCE

* We take good shots.
* We are always aware of individual

and team fouls.

* We know the scouting report.

9. POISE

* We always play with composure.
* We don’t show any weaknesses.

10. FLEXIBILITY

* We can handle any situation.
* We don't complain.

11. UNSELFISHNESS

* We’re connected.
* We make the extra pass.
* We know our individual value to the

team is not measured by playing time.

12. AGGRESSIVENESS

* We play hard every possession.

13. ENTHUSIASM

* We play with enthusiasm and always have fun playing.

14. PERFORMANCE

* We practice and play hard at all times.

**1**5. PRIDE

* We strive to be the best team in the conference.
* We always stay positive, win or lose.
* We always keep our head up.