

## **10 Characteristics of a Mustang Student-Athlete**

1. **Coachable** - all players in the basketball program must accept **COACHING!**  
Players must remember that in order to have a successful program coaches must provide constant constructive feedback and create benchmarks to maximize team potential. We are not calling you **OUT**, we are calling you **UP!!**
2. **Selfless** - Commitment to team goals is essential and which, at times, may conflict with individual goals. Team goals take precedence over individual goals! Players must put the **TEAM first!** No matter your position or playing time, the team needs YOU! Anything done to negatively affect the team will have consequences.
3. **Responsible & Accountable** - players are responsible for their own actions, and will always be held accountable for the decisions they make on and off the court. Responsibility also means being prepared for school, practice, and games.  
**Preparation is a valuable life skill!**
4. **Optimistic** - players are expected to look on the bright side and always remember that the glass is half full! Being able to participate in this program is a great privilege and should not be taken for granted.
5. **Emotionally Intelligent** - While we understand that basketball must be played with fierce passion & competitiveness, we must do our best to control our emotions. Being emotionally intelligent means knowing how to manage, use, and understand your emotions in a **POSITIVE** way!
6. **Passionate** - A strong passion and desire should be taken in all walks of your daily life. **Be passionate about what you do!**
7. **Resilient** - In the course of a season, adversity will be present in some way. Players are reminded to stay focused on the game, never give up, and never retaliate to an opposing player, fan, coach, or referee. **Tough times don't last, tough PEOPLE do!!**
8. **Motivated** - the continuous pursuit for success can be a long one and will take incredible **patience and persistence.** Athlete's must be self-motivated in pursuit of their goals!
9. **Humble & Poised** - great athletes stay humble. Mistakes are going to be made, it's important to learn from them. When our **TEAM** is successful, stay humble and remember that credit is due to all those involved!
10. **Competitive** - being competitive means having a joy for the hard fought battle. This provides our players with a competitive advantage and will ensure our players are at their best when their best is required.