



THE SPARTAN WAY

1. BE A GREAT PERSON FIRST
2. Be on time for everything
3. Take your grades seriously
4. We before me attitude – togetherness
5. Toughness – have it
6. Go hard all the time – effort
7. Talk, talk, talk – communication
8. Love defense
9. Push-ups on missed lay-ups and short on running
10. Sprint to help your teammates up
11. Clap for your teammates
12. Always root for your teammates
13. Coach your teammates
14. Compete against your teammates to make them better
15. Shoes tied and practice jerseys tucked in before entering gym
16. No excuses, just results
17. Get extra shots up
18. Be coachable
19. Do the little things all the time
20. Believe in the program