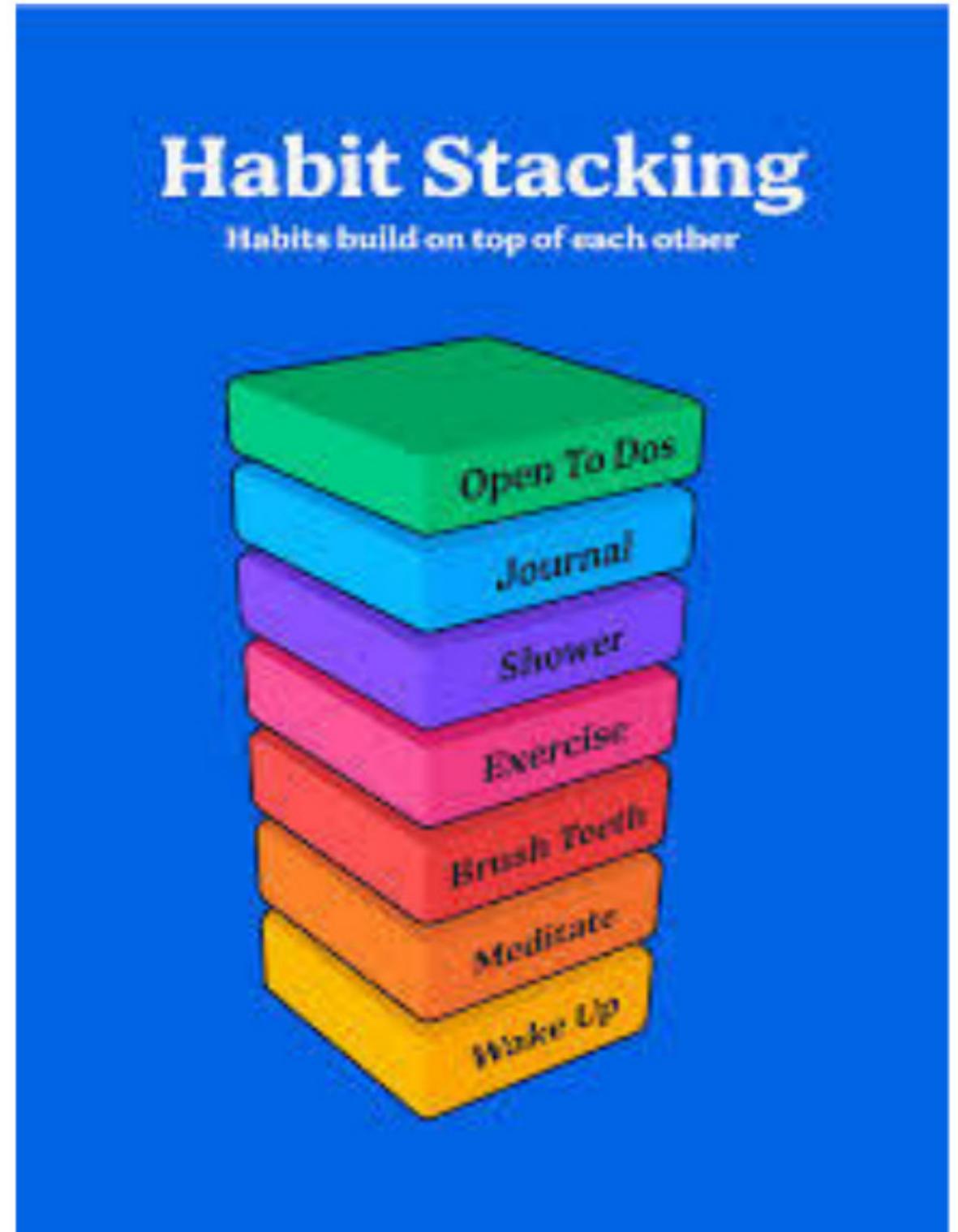
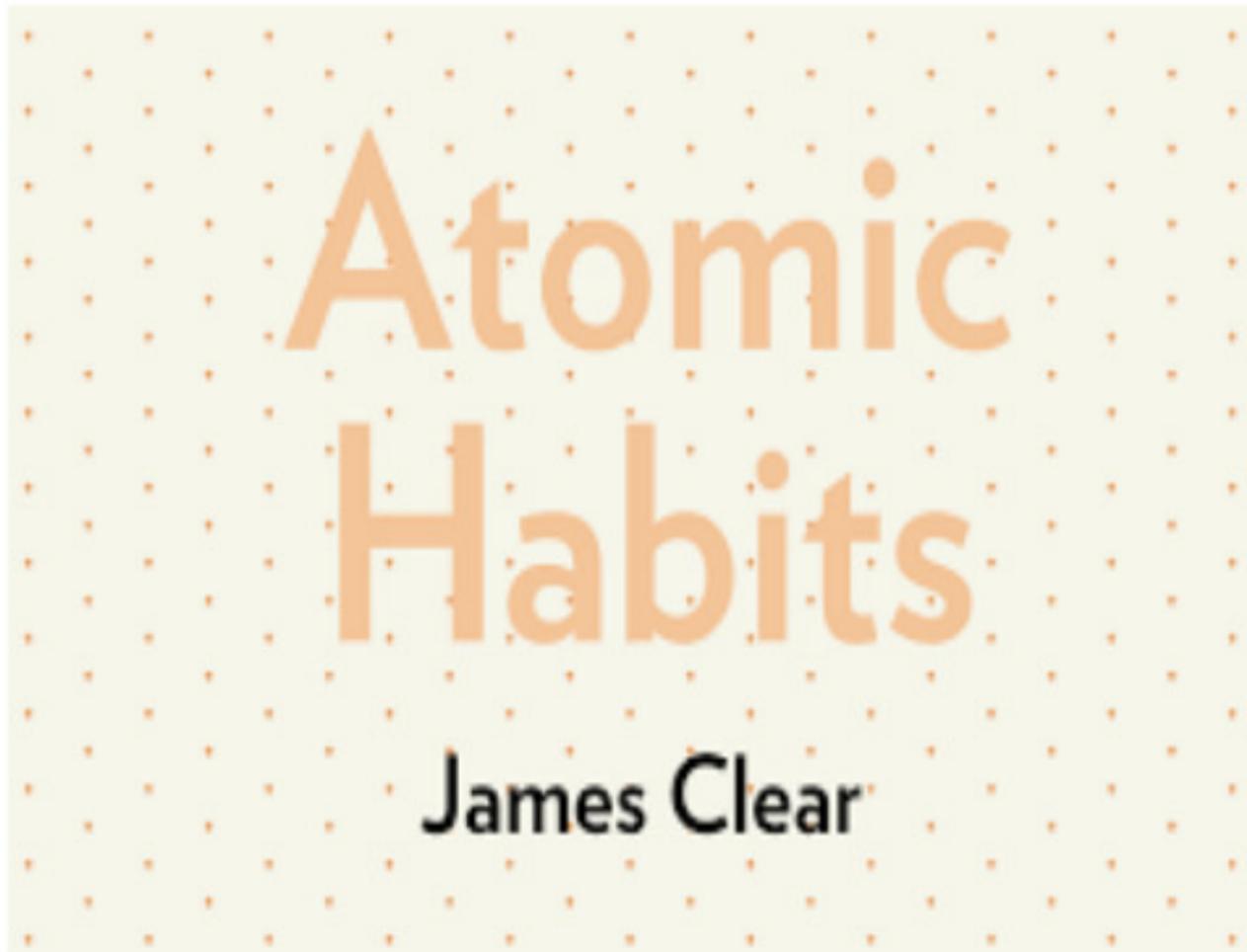


# RAVENWOOD BASKETBALL



# Habits



# EGB Winner's

## Practices

## Games

- Matt Nava, Will  
McCarter 6
- Issac Brent  
14
- Jayden Charudhi  
13
- Brooks Brown  
12
- Brock Wismar  
11

- Issac Brent 20
- Danny Brown 13
- Matt Nava 8

# What is FAMILY?

Faith

Accountability  
coMmunication

Integrity

Loyalty

empathY





← Post

@joshchambersumd

Not everyone has the same standards.

The habits your team repeats, become the bar everyone rises to meet.



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## 240 minutes a day separates the rich from everyone else

1,440 minutes in each day

Interviewed 233 wealthy individuals and 128 poor individuals over three years

Self-made rich make good use of their 240 minutes in the following ways:

### **1. Over 80 percent engaged in 60 minutes a day of dream-setting**

Dream-setting activities involve the pursuit of a dream and the goals behind it. Typically, this is something outside of work, such as engaging in some side hustle or spending time creating one or more additional streams of income.

### **2. 80 percent engaged in 60 minutes a day of deliberate practice or education**

Each day, the self-made rich in my Rich Habits Study regularly practiced some skill and devoted time to increasing their knowledge related to that skill, their career or their industry.

### **3. Nearly all of them engaged in 30 minutes a day of aerobic exercise**

### **4. Nearly 90 percent devoted 30 minutes a day to building rich relationships**

The self-made rich in my study did certain things every day to maintain and grow powerful relationships:

- Networking: Participating in or running business organizations, nonprofits or trade associations.
- Hello calls: Calling important relationships just to say hello.
- Happy birthday calls: Calling the people who matter on their birthdays.
- Life event calls: Making calls to people who matter who have had a baby, gotten married, experienced a death in the family, etc. Life event calls are critical because life events are always emotion-based and emotions create powerful memories. They will remember you and your call.

### **5. All of them engaged in relaxation and leisure activities**

School takes up 420 minutes, Sleep takes up 420 minutes, Basketball takes up 120 minutes

That leaves 480 minutes each day, not to mention basketball accomplishes exercise, education and relationships.

# Our WORDS

<u>Player Name</u>	<u>Word</u>
Wismar, Brock	OKAY
Caudill, Brooks	BODY LANGUAGE
White, Braden	ATTITUDE
Brent, Issac	RESILENT
Chaudhari, Jayden	LAZY
Moore, Blake	SOFT
McCarter, Will	GRITTY
Stallings, Dallas	SCRAPPY
Stepan, Sam	FARTHER
Higenbotham, Graham	FORGET
Broughton, Thomas	MINDSET
Brown, Brooks	SERVE
Nava, Matt	LEADER
Brown, Danny	BUSINESS MAN

<u>Player Name</u>	<u>Word</u>
Cadet, Drake	EFFORT
Moss, Canon	LAZY
Allen, Parker	TIMID
Green, Asher	PURSUE
Hickey, Max	
Anderson, Caleb	
Erickson, Tyler	

<u>Player Name</u>	<u>Word</u>
Rowan, Ben	COMPETE
Ruane, Brayden	IMPROVE
Taylor-Fleming, Wesley	COMMITTMENT
Garrett	



# Ways to Earn Trust

- Putting Faith in someone to do something
- Communicate on Defense
- Consistency
- Play for each other; not yourself
- Accountability



## Ways to Lose Trust

Talking behind someone's  
back

Not doing what you are  
told

Selfishness

Not doing the little  
things

Not being on time

Just going through the  
motions

# What does Commitment Look Like?

- Being Coachable
- Playing for the Team
- Full Effort
- Being 15 min. early
- Make the team better

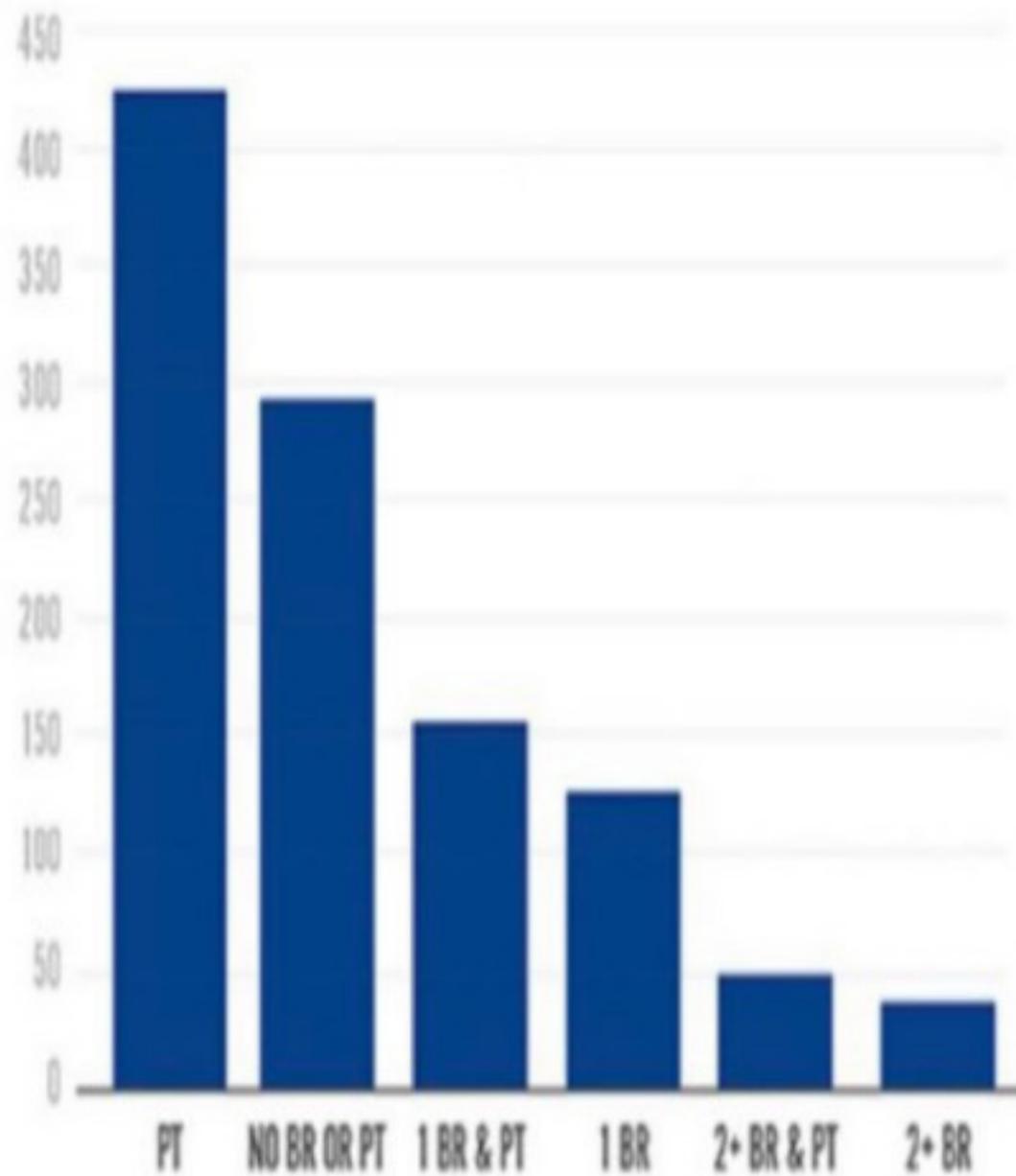
# What does Commitment NOT Look Like?

- Being Late
- Going through the motions
- Not doing the little things (Quote of the Day)
- Being Selfish
- Not being held accountable

# How do WE Show WE Care?

- Take Pride in the Small Things
- Being Grateful
- Being Reliable
- Proactiveness
- Play as a Team
- Encouraging

## AVERAGE FREQUENCY OF POSSESSION TYPES THROUGHOUT CONFERENCE AND POST-SEASON GAMES



40% OF POSSESSIONS -  
PAINT TOUCH (1.061 PPP)

27% OF POSSESSIONS -  
NO BALL REVERSALS OR PAINT TOUCHES (0.706 PPP)

14% OF POSSESSIONS -  
1 BALL REVERSAL AND PAINT TOUCH (1.116 PPP)

12% OF POSSESSIONS -  
1 BALL REVERSAL (0.935 PPP)

4% OF POSSESSIONS -  
2+ BALL REVERSALS AND PAINT TOUCH (1.189 PPP)

3% OF POSSESSIONS -  
2+ BALL REVERSALS (0.944 PP)

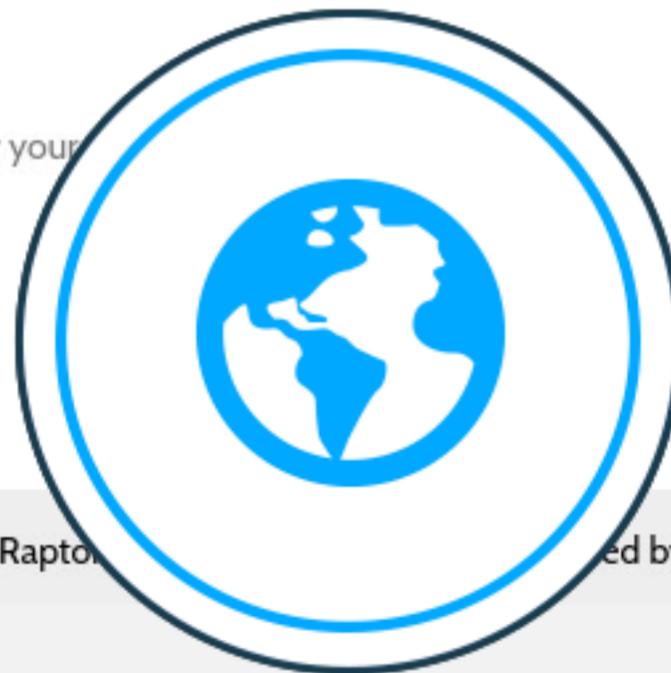


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# Communicating, Connecting, Committing





# Raptor Bites

- Workouts Mon 3-5 pm, Wed 3-5 pm
- Wooden Box
- One Word/OWNERSHIP Statements
- Parent Meeting Tues. Aug. 12<sup>th</sup> 6-7:30pm
- QR Questionnaire filled out by 8 am
- Next Culture Meeting Tuesday, Aug. 19<sup>th</sup> 3-4:15 pm
- Community Service Sat. Aug. 23<sup>rd</sup> 9-11:30 am
- Letters for Jayden Bailey my office by 7:40 am



# Player Questionnaire

