

The 775 Standards: Who We Are

"We don't rise to our goals. We fall to our standards."

1. Respect for the Game and Each Other

We show respect through our presence, our focus, and our body language.

- **Punctuality is Respect:** Arriving 15 minutes early to practice and 30 minutes to games isn't about punching a clock; it's showing your teammates and coaches that you respect their time and investment.
- **Total Presence:** When a coach or teammate is speaking, they have our eyes and our full attention. We hold the basketballs still because the most important thing in the gym at that moment is the voice of the team.
- **The Power of the Bench:** Our energy doesn't change whether we are on the floor or on the bench. We sit up, stay locked into the game, and fuel the guys on the court.
- **Present in the Room:** We leave outside distractions including our phones at the door so we can be entirely locked into each other.

2. A Culture of Trust and Listening

To get where we want to go, we have to be coachable and willing to be driven.

- **Listen to Learn:** We don't listen just to form a comeback or an excuse. We listen to understand, knowing that you can't learn what you think you already know.
- **Open to Correction:** When a coach or teammate challenges you, it's because they believe in your potential. We accept feedback with a neutral face and a focused mind, understanding it's designed to elevate us, not tear us down.

3. Champion Habits

How we do anything is how we do everything. We don't pace ourselves; we compete.

- **Run Everywhere:** We sprint to drills, we sprint to the huddle, and we run off the floor. We do it to build conditioning, but more importantly, to show that we are enthusiastic about being here.
- **Integrity in the Details:** We touch every line. No cutting corners, no gliding through the motions. A champion handles the small, unseen things with total honesty.

- **The 24-Hour Athlete:** Growth doesn't stop when practice ends. Form shooting and ball handling are daily commitments we make to ourselves and the program when no one is watching.

4. Collective Accountability & Toughness

Toughness isn't about acting mean; it's about reliability and resilience under pressure.

- **Hold the Standard, Not the Grudge:** If we miss a layup or shoot an airball, we pay the price with push-ups right then and there. It's not a punishment; it's an immediate mental reset to remind us of our execution standard.
- **The Value of Hustle:** Diving for loose balls, taking charges, and competing on every single possession are non-negotiable behaviors. They tell your team, *"I care more about our success than my comfort."*
- **No Complaining, Just Solutions:** Complaining drains energy from the group. If something goes wrong, we look at the next play and fix it together.

5. Elite Communication

A quiet team is a losing team. We talk to connect, protect, and dominate.

- **Loud, Early, and Clear:** We speak with a presence that can be heard across the gym. We communicate early to eliminate confusion before it happens.
- **The Echo Effect:** We repeat every call-out three times. This ensures the message travels through the entire defense and keeps everyone on the exact same page.
- **Claim Your Responsibility:** Always call out who you are guarding. On this team, you own your assignment out loud.

6. Setting the Tone (Leadership)

Leadership isn't a title; it's an everyday action.

- **Lift As You Climb:** Elite players don't just perform; they make everyone around them better. We actively help, encourage, and guide our teammates.
- **The Leadership Bar:** Our Point Guards, our best players, and our coaches set the emotional thermostat for this team. Because of that weight, you cannot afford to have a passive or negative practice. You lead by how you work.