



Saint Patrick High School Shamrock Basketball

“We” Play Together

1. “Touch a Teammate”

- a. Give spirit to my team
- b. Rhythm claps
- c. Hugs
- d. High 5’s
- e. Hugs
- f. Nashes
- g. Chest bumps
- h. Fist pounds

2. “Open My Mouth”

- a. Use names
- b. Give information
- c. Use proper tone

3. “Give Love”

- a. Celebrate their success, even when I’m not playing well

4. “Energize”

- a. Give energy, not take energy
- b. Reminders
- c. Encouragement
- d. Questions
- e. Step-ups
- f. Shout outs





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5. "Total Focus"
 - a. Be precise and repeat instructions given
 - b. Precisely carry out my role
6. "Hunt Excellence"
 - a. Leave everything better than I found it
 - b. Commit to being something bigger than myself
7. "Eye Contact"
8. "Respect Everyone"

