

Don't let your teammates down

Let your actions do the talking and don't make excuses. Taking responsibility for your words, actions, and performance.

Be at every practice. Be there early. Be the last to leave.

Expect that your team needs a victory from you and that you will give your best effort to earn the win for your team.

Set an example in school, Home, and Practice.

Your effort in practice matches your effort in competition. Practice with focus and intensity.

Take your level of conditioning seriously.

Help your teammates to excel and improve.

Be coachable, respectful, and positive.

Understanding your role on the team and always giving 100% toward that purpose.

Earn the right to win

Your daily actions become habits. When you struggle, you will rely on these habits.

If we fail to prepare, then we don't deserve to win.

Everything you do is important – all of the time.

Practice with purpose and intensity you will compete with discipline.

Simulate pressure in practice and you will handle pressure well in competition. By maintaining strong focus in practice, you will be properly prepared to focus during competition.

If you expect to win at everything you do, you will have no doubts in competition. Never give up at anything (athletics, school, etc.) and you will persevere in competition. If giving up is a part of your routine – then that's how you will perform.

Never step down from a challenge. No matter how many times they have beaten you, you have to let the world know that your confidence is unshakable.

THE WARRIOR CULTURE

Next Ball: Your next action will be great

Forget your mistakes. You cannot control the past – focus on the next thing you do – it is the only thing you have the power to change.

Emotion hurts performance. Poor sportsmanship from your opponent means you are winning the mental battle.

Always be positive with your teammates. You cannot control their performance.

Never feel that you are entitled to success. No one owes you anything. Expect that they will give you the best match of their career.

Expect it to be hard. Expect to have to fight and dig deep every match.

Everyday, expect that you will find a way to win.

If you win 55% of the points, you will win the set 95% of the time.

Strategy equals Talent

Your opponent has a weakness. You will exploit this weakness when you feel strong.

There is a shot they do not handle well – hit this shot when strong.

There is a location on the court where they are not comfortable – bring them to this location when strong.

Hit smart, safe shots when you do not feel strong. Set up your offense with smart, high percentage shots.

Practice all types of shots and strategies to be ready for all opponents.

Stick with the strategy that gives you the best chance to win.

Good doubles teams: the baseline player sets up the net player, the net player gets involved and wins the point.