



Excel in Basketball Instructional Camps

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“The Biggest Room in the World is the Room For Improvement”

BE A GREAT TEAMMATE

I am convinced that all great athletes and teams begin with great habits formed in the home. If you truly want to be **A GREAT TEAMMATE** begin with becoming the best possible teammate that you can be on the greatest team you will ever be on....your family.

Start by making your bed each day, help your family by doing your chores, clear your plate after dinner, pick up after yourself, help your brothers and sisters. Understand that on every team, players are asked to make sacrifices for their teammates and this would certainly hold true on the greatest team you will ever be on, your family.

The greatest teams I have ever coached were filled with players who always put themselves second, who did whatever they could to make the players around them more successful. In doing this, they became the best possible teammate and helped their teams to become the best they could possibly be. They learned to enjoy making sacrifices for others, and when this became their habit, it was easy to become a great team player.

We teach our players to be a great teammate, to commit to getting a backside rebound for their friends, to dive on a loose ball or to assist them when they make a mistake by being in a great helpside defensive stance. Remember what we call this stance?...”the friendship stance.”

Practice these habits each day as you commit to making the lives of everyone around you easier by being respectful, willing to make sacrifices, and by becoming the most loving teammate you can be. If you begin to create these habits now, you will become a consistent person who can be counted on by your teammates on all of the various teams you will be on throughout your life. You will earn their love, admiration, and respect as you are regarded as **A GREAT TEAMMATE.**

Coach Frank Allocco
Excel in Basketball Camp Director



“A Summer Tradition” Since 1981