



PGC
BASKETBALL

WELCOME BOOKLET

WELCOME TO PGC BASKETBALL

We appreciate that you've selected PGC over countless other options. We know there are lots of other things you could be doing with your time, and most of you have high aspirations and hectic off-season schedules. In other words, we realize that your time is very important to you. It's very important to us too. That's why we want to make it clear – in this very first paragraph – that our goal is to make your time with us the most useful time that you spend on basketball this whole year.

We know that if you give your full attention and effort in every session, you will have a very special experience – and PGC will have a dramatic impact on the way that you watch, think, train, and play basketball for the rest of your life. This booklet will help to lead the way by providing you an overview of what you're about to experience at PGC.

A NEW DEFINITION OF FUN

What do you think good coaches mean when they say before a championship game, "Team, let's go have some fun!"?

Players could mistakenly think this means they don't need to be focused or care about the outcome of the game. But, what coaches really mean by "fun" is having satisfaction in knowing you're prepared; playing with a joy that comes from performing at your best; experiencing the thrill that comes from imposing your will on an opponent; and uniting together in the pursuit of your ultimate goal.

At PGC, we will spend every moment of every day teaching you what it takes to experience this type of "fun," and for many of you, this week will be the most "fun" training experience that you've ever had.

A GOOD TEST OF YOUR ASPIRATIONS

Most of the athletes who attend our courses aspire to play at higher levels. If that's true for you, this week will be a good test of whether you can train at the level of your aspirations. The atmosphere and expectations this week will be a lot like what's demanded at higher levels of play, so you will need to bring your best effort and focus all week long.

YOUR PERSONAL EVALUATION

During the week you will hear some things you already know and a lot of things that you don't yet know. You will also hear some things that you "sort of" understand, but which you have not yet turned into habits of play on the court.

One of the best ways that you can help yourself this week is by creating a checklist of crucial habits in your notebook—habits that YOU need to develop in your game. This checklist is different than your regular notes that you'll take...it will be your personal evaluation of the key things you need to work on most. As you build this checklist of crucial habits to add to your game, be sure to review the list every time you go to the court and choose one or two to focus on in each gym session.



TAKE GOOD NOTES

We are going to introduce you to a lot of basketball and leadership concepts that will help you to maximize your ability. To give yourself the best chance to make these concepts habits in your game, you will want to write down the things we talk about in the lectures and video sessions.

Here are the key things you will benefit from writing down:

- Any statement that your Director repeats for emphasis
- Any quote your Director shares in class or on court
- Anything that your Director writes on the board
- Key points that your Director lists
- And, of course, anything shared that you'd like to remember

Players who are serious about their improvement will typically review their PGC notes prior to every pick-up game, practice, and game they play in for at least the next season, if not the rest of their career. This is why taking good notes each day is so important. Your notes will be your constant reminder of how to play smart, tough basketball and how to lead your team.



VIDEO STUDY

In our course this week you will get plenty of chances to use 'video study' to deepen your understanding about the game. You will watch hundreds of carefully selected plays from games that took place during the past college, professional and international basketball seasons. These video sessions will have tremendous value in helping you to understand the key principles taught each day.

We start each classroom session with video clips that show examples of the principles taught in the previous session. We will run these clips for the first 10-15 minutes of each classroom session, but we will often start a few minutes early for athletes who want to see even more.

WHAT TO EXPECT



THE FIRST DAY

“Temporary inconvenience, permanent improvement” reads a sign at roadside construction sites where traffic often comes to a halt and drivers become impatient. Every good athlete has to understand this concept. Most ‘average’ athletes aren’t willing to pay that price. They think that every second of their career has to be fun, fun, fun or has to produce an immediate result. These athletes don’t realize that improvement often requires you to go one step backwards before you can go two steps forward.

The first day we will take the time to build a solid foundation to ensure you have the critical building blocks for the more advanced concepts that will be introduced over the course of the week. We will also lay the groundwork to create an atmosphere where serious athletes can thrive. We don’t think that can be done in a few minutes. And we don’t want to just “hope for luck” and presume it will happen.

We are willing to endure some opening slowness—and force you to develop consistency, precision and a ridiculous attention to detail—in order to prepare you to go to a whole new level of performance. Stay focused, be patient, and be willing to pay the price for excellence.

Remember: Temporary inconvenience, permanent improvement.

NOTE: The following three sections include information that is specifically for players attending our residential summer courses.



FREEDOM AND RESPONSIBILITY

Because this is a program for mature, dedicated student-athletes with high aspirations, you will be given a lot of freedom. But with freedom, as the axiom

goes, comes responsibility. We don’t have many rules, but the few rules that we do have we expect you to uphold:

1. Be in your room before curfew
2. Don’t go in the dorm room of an athlete of the opposite gender
3. Don’t leave campus (unless you are a commuter or leaving to have a meal with one of your parents).

One key principle that we expect athletes to abide by is the “Holiday Inn Standard.” In any hotel in the world, if you make too much noise and fail to respect others’ rights late at night, you can expect to be removed from the hotel—even though you have paid for the room. That’s just common sense and consideration of others. So, at PGC, from the end of the evening gym session until curfew, we operate by the Holiday Inn Standard.

It is also important to know that PGC is not a “camp” with dorm police to watch your every move. We provide supervision in the dorms, but we expect you to take responsibility for yourself—and assist others too. If athletes in your hall are noisy and you’re trying to sleep, the solution is simple: Be a leader, knock on their door, and kindly ask if they can quiet down so you—and others—can get to sleep. If they get noisy again, go and give them a second reminder. If the issue persists, let an Instructor know and they will address the situation.

THE LAST NIGHT

On the last night of the session, there is a final event which is the culmination of the week and puts your newly trained habits to the test. This event usually goes late into the evening. The event is intensely competitive, fun, and a good test of character and control. Good luck. You will need it!

THE FINAL EXAM & CHECK-OUT

The last day of the course features a final exam on the concepts covered during the week, followed by the awarding of the “diplomas” at the closing ceremonies. As long as you’ve been focused and attentive all week long, you should feel excited to write the final exam to demonstrate how much you’ve learned from the course.

IF YOU’VE BEEN TO PGC BEFORE

Do yourself a favor—don’t spend any of your time or energy this week comparing this course to your last PGC course or trying to tell other athletes what to expect. You’ll only be cheating yourself out of your own new experience. Drop your comparisons and expectations and focus on this week.

WHAT SHOULD I WORK ON WHEN I LEAVE HERE?

Each year athletes ask at the end of the week what “special things” they should work on, and the question always surprises us because the answer seems so obvious. In our opinion, you should work on the things that we go over all week long. We don’t plan to hide anything. We will teach and re-teach the things that we think typically win—and lose—basketball games, and we will show examples of these “special things” many times each day on film.

If we see any glaring weaknesses in your game, we will make it a point to tell you personally during the week. But, in general, we think every one of you should work on the habits of play that we teach. Go back and look at your notes. Look at the points of emphasis for each day. Build your checklist—and then work to make that list smaller and smaller as you keep crossing off the things that you turn into habits.

YOUR APPROACH THIS WEEK

This week is a chance for you to re-create yourself as a basketball player and leader. You can be anyone you want to be this week, but in order to grow you'll need to put yourself in uncomfortable and challenging situations.

TEAMMATES

If you are coming to PGC with a friend or teammate, they have the potential to limit your growth this week—as it's easy to stay in your comfort zone if you spend all your time with those that you already know. So, don't let that happen to you. Meet as many new athletes as possible. Sit with different players, coaches, or instructors at meals each day. Get a new partner on court at every opportunity—including partners that are much older or younger than you. This will give you the chance to compete against, communicate with, learn from, and practice leading lots of different types of players.

If you don't know anyone here, you're already in the best position to grow. And, you're not alone. The majority of players around you are in the same position—and nearly everyone here is a like-minded athlete who has similar aspirations to you. So, welcome the opportunity to overcome shyness or nervousness and stretch yourself. Introduce yourself to others and find out where they're from and why they're here. This will grow you as a leader and will help others who are shy or nervous.

ROOMMATES

At PGC, we create a college environment in our classroom and gym sessions. Another part of a college experience is having a roommate. Here are a few keys to maximizing the experience with your roommate:

Rest. You will need as much rest as you can get, as the days are long and most athletes are exhausted by the end of the day. To be at your best all week, get to bed as early as possible. And, even if you're not feeling tired, be respectful of your roommate(s) so they can get their rest. Three simple ways to respect your roommate: keep your phone calls brief (or stay off the phone altogether); don't have other athletes in your room close to curfew, and be prepared to turn off the room lights as soon as your roommate is ready.

Review. Talk with your roommate about what you learned each day and briefly review your notes each night. As you will learn so many new things each day, reviewing your notes will help in making these new concepts habits in your game.

Respect. You may find you have a lot in common with your roommate—or very little. At minimum, you will both share a love for the game. Just like with any team you play on, there will be some teammates that you easily connect with and others who take some extra work. Regardless of what your

situation turns out to be, remember that good players find ways to build positive relationships with all of their teammates.

Note: If you discover that you don't have a roommate and you would prefer to have one, make sure to let an Instructor know on the first evening so we can try to get you one.



ATTENDANCE

In good high school and college programs, players are expected to attend all their classes and study hall, as well as all their team practices and meetings. Attendance at PGC is no different. You will be expected to attend and sign-in to the sessions each day.

If you are sick and are not feeling well enough to attend a session, please let an Instructor know *before* the session, so that we can check in on you and make sure you have everything you need. If you are in your dorm room and are not feeling well enough to go and speak with an Instructor, ask another athlete to notify an Instructor on your behalf.

ATHLETE'S PLEDGE

Please read and sign the pledge below:

1. I commit to upholding the dignity of other athletes by using appropriate language to communicate with them, which includes avoiding racial slurs, insults, and sexual or gender based comments or jokes.
2. I will not take anything that is not my own and will present anything I find in the gym, classroom, or dorms to the staff.
3. I will not enter the dorm room of any athlete of the opposite gender or have an athlete of opposite gender in my dorm room at any time.
4. I commit to staying on campus for the duration of the week, unless I'm commuting or leaving campus with a family member for a meal.
5. I commit to being in my own room before curfew.
6. I commit to using my cell phone responsibly, which includes not sending inappropriate pictures to other athletes, not texting other participants after curfew, and keeping my phone turned off during sessions.
7. I will not dribble my basketball in any buildings—including the dorms—or outside while walking to and from sessions.

NAME

SIGNATURE

DATE



SAFETY

Walk with at least two others when you are walking to a session or back to the dorms. If you are one of the last athletes to leave the gym after a court session, walk to the cafeteria or dorms with a few of the instructors.

If there is ever an emergency at night, knock on the door of a dorm room that has a PGC Staff sign on it and a staff member will assist you. If a fire alarm ever goes off in the dorms, gym, classroom, or cafeteria, evacuate the building immediately and meet at the front entrance of the building.



INJURIES

You will find that many of the challenges and triumphs you experience in the game of basketball will be magnified this week, including the potential frustration from an injury. No one wants to sit out and miss valuable time on court, especially when your time at PGC is limited. Inevitably though, there are injuries that sideline a few athletes for a day or two—or even the entire session. If you experience an injury this week, think *now* about the approach that you'll take so you can make the most of your time and the situation.

An Approach to Injuries

Injuries are part of the sports experience. You will likely miss some practices and games due to an injury at some point in your career. How can you still be an asset to your team and make a contribution? It's simple. Stay involved and close to the action instead of sitting off to the side waiting for time to pass. Give helpful reminders to teammates. Find different players every single session to encourage based on their effort, focus or approach. Watch situations on the court and think about what you would do differently. Take notes on things you want to improve upon.

If you get injured this week, keep your notebook out in gym sessions so you can write down every key teaching point and diagram every drill. Commit yourself to learning more than any other athlete. Challenge yourself to make those around you better by your leadership and communication.

Injuries are like all other setbacks, an *opportunity* to learn, grow, stand out, and be special.

ONE FINAL NOTE

All week long we'll talk about ways to be special and to stand out, both as an athlete and as a person. But each week some athletes miss out on a huge opportunity because they fail to realize the importance of using this environment to practice doing all the extra "little things" that lead to success.

So how do you make yourself "special" while you're here?

Pick up your fellow athletes and energize them. Play intelligently and show off the ability to out-hustle people. Demonstrate a special kind of spirit when everyone else is dragging. Practice the intangibles that you'll learn about and inspire others to practice them too. Pick up trash and keep the bathrooms clean. Come early to classroom sessions and sit in or near the front row. Show that you are alert, helpful and cheerful. Lead in the dorms, in the cafeteria, in the classroom, and around the campus, so that our group becomes the best-behaved, most special group of people who have ever used these facilities.

Become a coach's dream. Become the teammate everyone wishes they had on their team. Become a leader, a helper, an organizer, a problem-solver. Constantly look for ways to improve the atmosphere around you and make PGC a better place for you having been here.

ADOPT THE ETDMTYS APPROACH

The letters stand for "Expect To Do More Than Your Share."

All coaches love disciplined athletes who work hard on the court, who are attentive in the classroom, who arrive early and leave late, who generate a lot of spirit and lift others, who don't merely obey rules, but who try to make sure that others do too. On the court, in the classroom, in the dorm, and at night, coaches always want players that they can trust to make good decisions and have a positive impact on others.

It's especially important for leaders to do these things in order to set an example to others who are usually less focused, less dedicated, and less interested in doing the "extras" that lead to success. If you want to be a special player and leader, use this week to practice 'doing more than your share' and make it a habit in everything you do.

On behalf of the entire PGC staff and Directors, we sincerely hope this week turns into an invaluable experience for you and that it helps you reach your goals in basketball and in life.



MANO WATSA, OWNER

STAY CONNECTED