



**PGC**  
BASKETBALL

# ATHLETE GUIDE

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# WELCOME TO PGC BASKETBALL

We realize your time is important to you. It's important to us too. That's why we want to make this the most productive week of basketball in your career.

This booklet will give you an overview of what you're about to experience.

## **A Good Test of Your Aspirations**

Most of the players 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.

## **Take Good Notes**

You're going to learn a lot more than you can possibly remember. That's why you'll want to take good notes.

Here are the key things you'll benefit from writing down:

- Anything your Director repeats for emphasis, including quotes
- Anything your Director writes on the board or you see on powerpoints
- And, of course, anything shared that you'd like to remember

Dedicated players will typically review their notes prior to every pick-up game, practice, and game after attending PGC. That's why taking good notes each day is so important.

## **Video Study**

This week you'll watch hundreds of carefully selected plays from past college and pro games. These video sessions will help you to understand the key principles taught each day.

# WHAT TO EXPECT

## The First Day - T.I.P.I.

Every good athlete has to understand the concept of “temporary inconvenience, permanent improvement.” Improvement often requires one step backwards before you can go two steps forward.

The first day may feel this way, as we'll take the time to develop your ‘habits of play’ before we introduce more advanced concepts. We're willing to endure some opening slowness—and force you to pay ridiculous attention to detail—to prepare you to go to a whole new level of play.

Stay focused, be patient, and be willing to pay the price for excellence.

## Freedom and Responsibility

Because this is a program for dedicated players, you'll be given a lot of freedom. But with freedom, comes responsibility. We don't have many rules, but the few rules 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're a commuter or having a meal with a parent).

While we provide supervision in the dorms, we expect you to take responsibility for yourself—and assist others too. If others 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. If the issue persists, let an Instructor know and they will help.

## The Last Night

On the last night, there is a final ‘event’ to put your newly trained habits to the test. The event is intensely competitive, fun, and a good test of character — and usually goes late into the evening. Good luck. You will need it!

## The Final Test

The last day of the course features a final test on everything you've learned, followed by the awarding of “diplomas” at the closing ceremonies. As long as you've been attentive all week long, you'll do fine.

## If You've Been to PGC Before

Do yourself a favor—don't spend time comparing this course to your last PGC course or trying to tell other players what to expect. You'll cheat yourself out of your own new experience. Drop your comparisons and focus on this week.

# YOUR APPROACH THIS WEEK

This week is a chance for you to recreate 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're coming to PGC with a friend or teammate, they could limit your growth—as it's easy to stay in your comfort zone if you spend all your time with them. So, don't let that happen to you.

Meet as many new players as possible. Sit with different players, coaches, or instructors at meals each day. Get a new partner on court at every opportunity—including those older and younger than you.

## Shyness

If you don't come to PGC with anyone, you're in the best position to grow. And, you're not alone. The majority of players are in the same position. So, welcome the opportunity to overcome shyness or nervousness and stretch yourself. Introduce yourself to others and find out where they're from. This will grow you as a leader and will help others who are shy or nervous.

## Dorms

**Rest.** You'll need as much rest as you can get, as the days are long. To be at your best all week, get to bed as early as possible.

**Review.** Talk with your roommate about what you learned each day and briefly review your notes each night.

**Respect.** Three simple ways to respect your roommate: keep any phone calls brief, don't have other players in your room close to curfew, and turn off the room lights as soon as your roommate is ready.

Also, you may have a lot in common with your roommate—or very little. At minimum, you'll both share a love for the game. Regardless of your situation, know that good players find ways to connect with all of their teammates.

## Attendance

You will be expected to attend and sign-in to the sessions each day. If you're sick and not feeling well enough to attend a session, let a staff member know (or another player) so we can check on you and get you everything you need.

## Safety

Walk with at least two others on your way to the gym, classroom, or dorms. If you're one of the last players to leave the gym, walk with a few of the Instructors. If there's an emergency in the dorms, knock on the door of a staff member.

# INJURIES

No one wants to sit out, especially when your time at PGC is limited. Inevitably though, there are injuries that sideline a few players. If you have an injury, here's an approach you can take so you can make the most of your time and the situation:

- Stay involved and close to the action instead of sitting off to the side.
- Give reminders to teammates and encourage different players each session.
- Keep your notebook out in the gym so you can write down every teaching point.
- Commit yourself to learning more than any other athlete.
- Challenge yourself to make those around you better by your energy and helpfulness.

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

# ATHLETE'S PLEDGE

Please read through this pledge and only come to PGC if you're willing to uphold every part of it:

1. I commit to upholding the dignity of other athletes by using appropriate language to communicate, 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 parent 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 and keeping my phone turned off during sessions.
7. I will not dribble my basketball in any buildings—including the dorms

# ONE FINAL NOTE

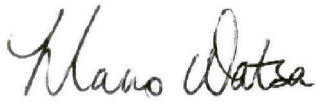
All week long we'll talk about ways to be special and to stand out. But each week some players miss out on a huge opportunity because they fail to use this environment to practice doing all the extra "little things" that lead to success.

So use this week to practice making yourself "special" — here's how:

- Pick up your fellow players and energize them.
- Show off the ability to out-hustle people.
- Demonstrate unwavering energy when everyone else is dragging.
- Pick up trash and keep the bathrooms clean.
- Come early to the classroom and sit in or near the front row.
- Remind others when curfew is approaching.

In other words, make PGC a better place for you having been here—because coaches always want players who make a contribution and have a positive impact on others.

On behalf of our entire PGC staff, we hope this week helps you reach your goals in basketball and in life.



Mano Watsa, PGC President