

A close-up photograph of a basketball player's torso and arms. The player is wearing an orange sleeveless jersey with black stripes on the sleeves. On the left sleeve, there is a white basketball logo. On the right sleeve, the letters "GS" are partially visible. The player's hands are positioned on their hips. The background is blurred, showing other players in similar uniforms.

ATHLETE GUIDE

PGCBasketball.com



WELCOME TO PGC

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 2 days 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. 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.

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

Video Study

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

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 few hours may feel this way, as we'll take the time to develop your habits before we introduce more advanced concepts. We're willing to endure some opening slowness 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.

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.

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, and get a new partner on court at every opportunity.

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 and introduce yourself to others to find out where they're from. This will grow you as a leader and will help others who are shy or nervous.

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:

- 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.
- 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.

ONE FINAL NOTE

At every PGC camp we talk about ways to be special and to stand out. But each session, some players miss out on a huge opportunity because they fail to practice doing the extra “little things” that lead to success.

So use this camp to practice making yourself “special” — here's how:

- Pick up your fellow players and energize them and 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.

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 camp helps you reach your goals in basketball and in life.



Mano Watsa, PGC President