

BASKETBALL RETREAT 2014 PLAYBOOK OF
NAME _____

Men

FOR & WITH
EACH OTHER

=

Family, Team,
Community



Fellas,

Welcome to the Loyola Varsity Basketball 2014-15 Retreat. We are fortunate to once again have the opportunity to connect, and unwind to become better teammates and a better family. It goes without saying that to be fully engaged in the work that we are setting out to do this season, it can only be done with God's love and our love for each other. Those two things, more than a flex cut or a dunk or a series of defensive stops, will propel us to the top. As we all know, the season throws so much at us, and the lessons from this retreat are going to help us face the challenges we will endure as individuals, as teammates and friends, as a family. When upheaval and trouble erupts, can we stay true to FAMILY ON 6?

We ask you to DO a lot for this program before, during and after the season. This weekend, all we are asking from you is TO BE PRESENT, and to ACTIVELY think about GOD, YOURSELF, and THIS TEAM. Being present versus always doing, will also help us get to where we need to go.

In keeping with this notion of being present, there will be time for you to reflect as an individual, as a small group and as a team. During those times, we invite you to pray, write (poem/song/essay/rap), draw, dream, take a photo with your cell phone, or any other form of expression to consider the prompts in this book. In the immortal words of John Wooden, "What you are as a person is far more important than what you are as a basketball player." This booklet is designed to help guide us through the retreat and allow you to have a point of reference, whenever you need during it this season.

This is the beginning of a long but prosperous season. It is our hands to go where we want to go, both as men of God and as hoop players.

ALL the best,

Coach Adams

A Solid Stance



Villanova Close-Out Drill

Diagram A

Diagram B

PERSONALITY TICKET

Directions: *after you take each personality test online, fill out the ALL the boxes for the respective test. This is not graded (of course), but the results are important so take it seriously, don't talk while you test or reveal your results (it will all be discussed later). When you are done, wait for Coach Adams or Coach Brown to explain the next part.*

1. ENNEAGRAM TEST

Copy the numerical scores that were calculated from your answers to the Sampler questionnaire. The highest score in any type is 8.

NOTE: you cannot return to the results (except with the "Back" button) without retaking the test.

TYPE 1	TYPE 2	TYPE 3	TYPE 4	TYPE 5	TYPE 6	TYPE 7	TYPE 8	TYPE 9

* * *

2. MULTIPLE INTELLIGENCES

Copy the % of each category on the line next to it.

TOTAL SCORE

TOTAL SCORE	
<ul style="list-style-type: none"> • _____ Verbal/ Linguistic • _____ Logical/ Mathematical • _____ Visual/Spatial • _____ Bodily/ Kinesthetic 	<ul style="list-style-type: none"> • _____ Musical/Rhythmic • _____ Interpersonal • _____ Intrapersonal • _____ Naturalist

LEVEL UP TO SELF- AWARENESS



BECOMING THE BEST YOU CAN BE

The people who are crazy enough to think they can change the world are the one's who do.

- Apple, "Think Different" commercial, 1997

What is your date of birth, (M/D/Y) _____? Do you know a miracle was created on that day? You came wrapped up as a bundle of joy with a whole new world to conquer. Much of your future will be based on your ability to discover:

- 1) who you are
- 2) what you value
- 3) what you are determined to go after
- 4) who you can turn to for assistance

REMEMBER - You were born with a ***purpose***. You have great things to do still. You need to be able to think for yourself and make choices. Your investment of time and thought in this questionnaire will pay great dividends for your future.

Something my college coach told me is, "You have to fall in love with the process of becoming great."

—Blake Griffin



THE SURVEY

Today's Date: _____

About You

Name: _____

Nickname: _____

Current school: LOYOLA HIGH SCHOOL

Grade: ____

Where were you born? _____

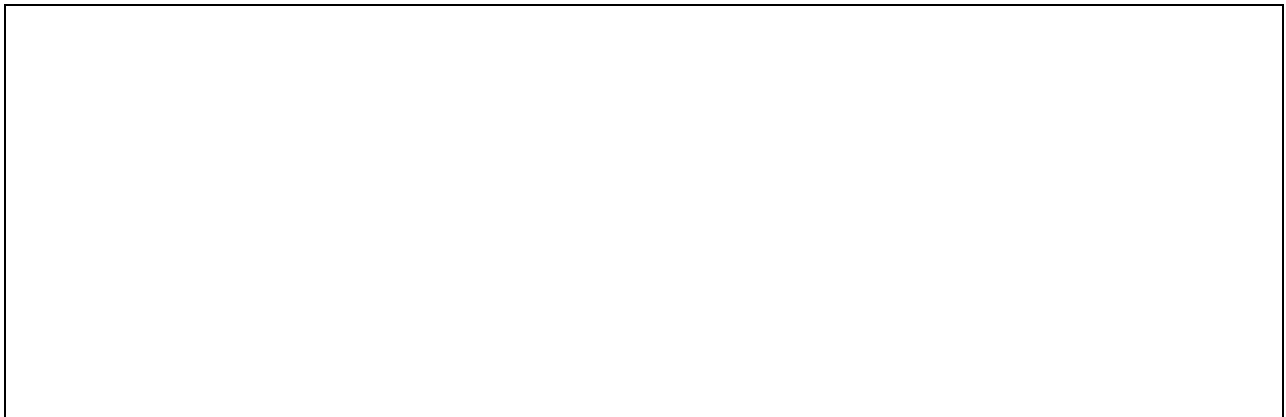
Where do you live now? _____

Did you have a job last summer? Yes No What was it? _____

How old are you? _____

What is your astrological sign? _____

Draw the best image of it or a simple sketch of it in the space below.



Can you list two traits from your sign?

1. _____

2. _____

YOUR FAMILY

What are your favorites traits of your mother?

What are your favorites traits of your father?

What are your biggest struggles with your parents? What would you like to change?

What is role in your family?

Do you have brothers and/or sisters? List their names and ages.

Name	Age

YOUR DREAMS: LOOKING AHEAD

If you were to win the lottery, what would be the first five things you would do?

1) _____

2) _____

3) _____

4) _____

5) _____

What charity, if any, would you like to contribute after you hit it big?

Assuming you don't win the lottery, what do you want to be when you are 40? *(Be specific: are you married? do you have children? where do you live? job? car? etc... **Dream on.**)*

Where do you want to be in 5 years? What are you doing there? (Be specific) If playing collegiately or professionally, please say for whom, where and why?

Where do you want to be in 10 Years? What are you doing there? (Be specific) If playing professionally, please say for whom, where and why?

FAVORITES

Top 3-5 favorite books:	Top 3-5 favorite authors
1	1
2	2
3	3
4	4
5	5

Top 3-5 Music Artists	Top 3-5 favorite songs:
1	1
2	2
3	3
4	4
5	5



FAVORITES

Top 3-5 favorite Leaders & why?	
1	
2	
3	
4	
5	

Top 3-5 favorite Movies	
1	
2	
3	
4	
5	

FAVORITES

List 3-5 favorite artists (sculptor, painter, actor, etc.)
1
2
3
4
5

List your 5 favorite Cities in the U.S.A	List your 5 favorite cities you wish to visit outside the US.
1	1
2	2
3	3
4	4
5	5

MORE FAVORITES

List 3 favorite sports OTHER THAN Hoops
1
2
3

Favorite Athletes Outside of Hoops	Why?
1.	
2.	
3.	

Favorite Hobbies	Favorite Video Games
1.	1.
2.	2.
3.	3.

ATHLETICS: ATTITUDES AND PERCEPTIONS

- **DIRECTIONS:** Go to Coach Adams's google page and review the Athletic Traits websites. On the chart below, list five traits (for example, courage, heart, communication...) that are athletic traits, which you think are essential for leadership.
- In the middle column, "Is it in you," write the frequency in which you demonstrate those traits by marking: **A = always, S = sometimes, or R = rarely.**
- Finally, who else are those traits **most** important for? **Mark: C = coach, T = teacher/mentor, or P = parent.** NOTE: These might mean a lot to all parties involved, but mark only one...the **MOST IMPORTANT!**

Athletic/Leadership Trait	Is it in you?	Also importance to:
1. (highest)		
2.		
3.		
4.		
5. (lowest)		

What does the word **“Grind”** mean to you?

What does the word **“Sacrifice”** mean to you?



YOUR ATHLETIC FUTURE

In the chart below, identify some of the College/NBA players who play the same position. Identify the important numbers that define their success.

Athletes Who Play Your Position	Traits They Exhibit (use website again)
1.	
2.	
3.	

From what you know about them, how do the "**Grind**" and "**Sacrifice?**"

Which player do you want to emulate on ***and off*** the court? Why?



ATHLETICS: INDIVIDUAL PERFORMANCE

Do you want to take game-winning shots?

Are you working consistently at taking those shots in practice?
Describe how.

How do you want your **basketball/athletic career** at Loyola to be remembered?

ATHLETICS: INDIVIDUAL ROLE(S)

List additional athletic goals that aren't defined by statistics. Think big. Why can't you be All-League, Player of the Year, Defensive Player of the Year? Why can't you lead the league/CIF in rebounds, assists, etc.? What can you do to achieve those goals?

Goal	My Next Steps

Identify your Roles over the years. Identify what roles you would like to have this season as well as the important factors that will be key to your success.

	Frosh	Soph	Junior	Senior
Role				
Strength (to achieve that role)				
Areas of improvement that are needed to fulfill that role.				

ATHLETICS: TEAM PERFORMANCE

Looking back at YOUR favorites, DO YOU think there are some shared favorites amongst your teammates? If so, who (DO NOT ASK...SPECULATE) and explain?

Do you see others working consistently at taking game winning or extra shots in practice? Describe what you notice.

How do you want this **team's career** together at Loyola to be remembered?

TEAM GOALS

List your Team's growth/improvement goals for this season.

- 1) _____
- 2) _____
- 3) _____

Do you think goal setting is important? If yes, why?

Have you ever been part of a great team?

(circle one)
Yes No

If "Yes," name the team(s).

What were traits of that team that made it special?



Define a great team in two sentences ?

Example 1: “A completely cohesive group, committed to a common Goal. A group with lofty goals and the tools to achieve them through work.”

Example 2: “A great team is full of close friends who know how to get the best out of one another. They also share the same goals and ideals on how to accomplish those goals.”

Do you feel as if you add value to this team? **How can YOU add more?** That is, can you enhance this team in whatever capacity? Explain. Are you a Multiplier? Why or Why Not?

ACADEMICS

Fill in the chart below with details from Loyola (last progress grade).
List the courses next year that you plan on taking, and write what you hope to achieve in those courses.

Course	Current Grade	Desired Goal Grade	Priority One for achieving your Goal Grade

What is your current GPA? _____

What is your goal GPA this year? _____

What is your greatest academic strength?

What is an area in school where you might need a bit more work?

What do you hope to major in during college? Why?

Academic Action

Are you attentive in every class?

(circle one)

Yes No

If No, what can you do to be attentive in every class?

Do you think being attentive is important in basketball?

Yes No

Explain.



(circle one)

Do you turn your cell phone off before you go into class? Yes No

Where do you sit in class (consider your hardest class)? Front Back

Do you sit with your friends/distractors in class? Yes No

Do you think turning off your cell phone or who you sit with in class matters to your teachers? Yes No

Do you seek extra help from teachers? Yes No

Do you ask questions during class? Yes No

Are you confident about your schoolwork? Yes No

If No, what can you do to become more confident?

What are your short-term academic growth goals (for this semester)?

1. _____
2. _____
3. _____

What are your long-term academic growth goals (to graduation and beyond)?

1. _____
2. _____
3. _____

How do you want your **academic career** at Loyola to be remembered?

SPIRITUAL

Very Important: Your body and mind serve your spirit. You must act as one.

What are your personal goals? Consider ones outside of hoops, such as: books to read, churches to visit, community service to do, friends to hang with; learning a musical instrument, a language, karate; attending museums, concerts, all star games etc....

1. _____
2. _____
3. _____
4. _____

What is your greatest strength as a human being?

Is that strength consistent with both your athletic and academic strengths?
Explain.

What can you be great at?



When they make a movie about your life, for all the great things you've accomplished, who is the leading actor?

What is the movie about? What does it say to kids?

How would you describe your faith?

Congratulations! And Thank You!

Going forward, look at your goals, prioritize them, then take action. Once you get started moving in the direction you want to go, reanalyze and make sure you're doing what you really want to do. You've identified your heroes in this questionnaire; now you're going to create the hero in yourself.

Time you finished: _____

“You know what you value by the time you give it.”

Coach Mike Krzyzewski
Duke University USA Basketball

MAN IN THE MIRROR

Michael Jackson

(Verse 1)

I'm Gonna Make A Change,
For Once In My Life
It's Gonna Feel Real Good,
Gonna Make A Difference
Gonna Make It Right . . .

As I, Turn Up The Collar On My
Favorite Winter Coat
This Wind Is Blowin' My Mind
I See The Kids In The Street,
With Not Enough To Eat
Who Am I, To Be Blind?
Pretending Not To See
Their Needs
A Summer's Disregard,
A Broken Bottle Top
And A One Man's Soul
They Follow Each Other On
The Wind Ya' Know
'Cause They Got Nowhere
To Go
That's Why I Want You To
Know

(Chorus)

I'm Starting With The Man In
The Mirror
I'm Asking Him To Change
His Ways
And No Message Could Have
Been Any Clearer
If You Wanna Make The World
A Better Place
(If You Wanna Make The
World A Better Place)
Take A Look At Yourself, And
Then Make A Change
(Take A Look At Yourself, And
Then Make A Change)
(Na Na Na, Na Na Na, Na Na,
Na Nah)

(Verse 2)

I've Been A Victim Of A Selfish
Kind Of Love
It's Time That I Realize
That There Are Some With No
Home, Not A Nickel To Loan
Could It Be Really Me,
Pretending That They're Not
Alone?

A Willow Deeply Scarred,
Somebody's Broken Heart
And A Washed-Out Dream
(Washed-Out Dream)
They Follow The Pattern Of
The Wind, Ya' See
Cause They Got No Place
To Be
That's Why I'm Starting With
Me
(Starting With Me!)

Make That Change.

(Chorus)

I'm Starting With The Man In
The Mirror
(Ooh!)
I'm Asking Him To Change
His Ways
(Ooh!)
And No Message Could Have
Been Any Clearer
If You Wanna Make The World
A Better Place
(If You Wanna Make The
World A Better Place)
Take A Look At Yourself And
Then Make A Change
(Take A Look At Yourself And
Then Make A Change)

I'm Starting With The Man In
The Mirror
(Ooh!)
I'm Asking Him To Change His
Ways
(Change His Ways-Ooh!)
And No Message Could've
Been Any Clearer
If You Wanna Make The World
A Better Place
(If You Wanna Make The
World A Better Place)
Take A Look At Yourself And
Then Make That . . .
(Take A Look At Yourself And
Then Make That . . .)
Change!

I'm Starting With The Man In
The Mirror,
(Man In The Mirror-Oh
Yeah!)
I'm Asking Him To Change
His Ways
(Better Change!)
No Message Could Have
Been Any Clearer
(If You Wanna Make The
World A Better Place)
(Take A Look At Yourself And
Then Make The Change)
(You Gotta Get It Right, While
You Got The Time)
('Cause When You Close Your
Heart)
You Can't Close Your . . .Your
Mind!
(Then You Close Your . . .
Mind!)
That Man, That Man, That
Man, That Man
With That Man In The Mirror
(Man In The Mirror, Oh Yeah!)
That Man, That Man, That Man
I'm Asking Him To Change
His Ways
(Better Change!)

You Know . . .That Man
No Message Could Have
Been Any Clearer
If You Wanna Make The World
A Better Place
(If You Wanna Make The
World A Better Place)
Take A Look At Yourself And
Then Make A Change
(Take A Look At Yourself And
Then Make A Change)
Hoo! Hoo! Hoo! Hoo! Hoo!
Na Na Na, Na Na Na, Na Na,
Na Nah
(Oh Yeah!)
Gonna Feel Real Good Now!
Yeah Yeah! Yeah Yeah!
Yeah Yeah!
Na Na Na, Na Na Na, Na Na,
Na Nah
(Ooooh . . .)
Oh No, No No . . .
I'm Gonna Make A Change
It's Gonna Feel Real Good!
Come On!
(Change . . .)
Just Lift Yourself
You Know
You've Got To Stop It.
Yourself!
(Yeah!-Make That Change!)
I've Got To Make That Change,
Today!
Hoo!
(Man In The Mirror)
You Got To
You Got To Not Let Yourself . . .
Brother . . .
Hoo!
(Yeah!-Make That Change!)
You Know-I've Got To Get
That Man, That Man . . .
(Man In The Mirror)
You've Got To
You've Got To Move! Come
On! Come On!
You Got To . . .
Stand Up! Stand Up!
Stand Up!
(Yeah-Make That Change)
Stand Up And Lift
Yourself, Now!
(Man In The Mirror)
Hoo! Hoo! Hoo!
Aaow!
(Yeah-Make That Change)
Gonna Make That Change . . .
Come On!
(Man In The Mirror)
You Know It!
You Know It!
You Know It!
You Know . . .
(Change . . .)

