**SOME THINGS WE TELL OUR TEAM**

* Pass and shoot the ball with the seams
* Passes should be crisp with back spin
* For receivers – Ball in the air, Feet in the air
* Catch everything with two hands – catch with eyes, hands, and feet
* A hard cut is as good as a screen
* Low man wins, get your shoulders lower than the person on the other team
* Hold follow through until the ball hits the rim
* Talk your game on both ends of the court
* Vision = quickness
* Tight with your game, six inch fakes
* Bend at the knees not at the waist
* Know who you are guarding and what they can do
* Make your game look the same whether you are shooting or passing
* Be ready to catch and shoot
* When using a screen it is better to be late than early
* Bent knees and bent elbows on defense
* Active hands without fouling
* Can you handle adversity, can you handle success
* Drive close out’s
* Good players have three parts to their game the 3, the pull up, and the finish
* Learn to be a great listener, it starts at home and in the classroom
* Look people in the eye
* Happiness begins where selfishness ends
* Discipline yourself so others won’t need too
* Please and thank you, ALWAYS
* There will come a time when winter will ask what you did all summer
* Learn to practice on your own – A ball and a basket is all you need
* Never blame others for something you’re not
* Show me who your friends are and I’ll show you who you are

**AMCC**

2013 Champions

2008 Champions

2008 Regular Season Champions

2005 Champions

2004 Regular Season Champions

2003 Regular Season Champions

2000 Regular Season Champions

1999 Regular Season Champions

1998 Champions

**ECAC Tournament**

2012

2010 Southern Champions

2009

2007

2006

2003

2002

1999 Southern Champions

1998

1997

1992

1989

**NCAA Tournament**

2013

2011

2008

2005

2004

2000 “Elite Eight”