Nooksack Valley Girls Basketball - Core Covenants

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| **Nooksack**  **Team**  **Covenants** | **Above the Line**  **(Do the right thing)** | **F.A.M.I.L.Y**  **Forget About Me I Love You**  **(It’s not about you)** | **Be Present**  **(Give your best right now)** |
| What the Core Covenant looks **like in School** | * Trying to get great grades and doing your homework * Leave things better than you found them * Be a good role model (code) * Help others without being asked | * Respect teachers and classmates * Standing up for your teammates and not talking behind their backs * Being humble and showing humility (nothing is above you) * Giving of yourself to help others | * Be involved in what’s going on in class right now * Respect others * Don’t be too cool for school * Giving maximum effort right now * Make the most of your time |
| What the Core Covenants looks like **in the Community** | * Following the laws * Being a good role model * Leaving things better than you found them * Taking responsibility for your actions | * Volunteer work * Talk positively about your team/teammates * Giving of your time * Making personal decisions that help others | * Doing the right things without being asked * Make good choices right now * Be involved * When finished with an opportunity have no regrets |
| What the Core Covenant looks like **in Practice** | * Working hard and giving 100% * Following team expectations * Being a fountain, not a drain * Doing the right thing when no one is looking | * Contagious Encouragement * Be an energy giver not an energy taker * Continue to improve your skills for your teammates * Getting something out of practice not just getting through practice * Being teachable | * Be happy/excited to be there and enjoy the moment * Going all out in every drill * Assume good intentions * Not looking forward or being stuck in the past. |
| What the Core Covenant looks like **in Games** | * Doing what is best for the team * Trusting your teammates * Talking/encouraging * Sportsmanship * Positive body language | - Giving maximum effort   * Be a star in your role * Celebrating teammates successes * Always communicating * Assume good intent | * Focus on the next play * Go all out * Encourage everyone * Focus on the process |