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
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| 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
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| 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.
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| 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
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