

Contents

3	Our Philosophy	16	Do You Have a Positive Outlook?
5	Can You Be Coached?	18	Golden Rules
6	Are You Competitive?	18	Priorities
7	Are You Willing to Practice?	19	Individual Responsibilities
8	Are You Willing to Make Sacrifices?	19	Team Responsibilities
9	Can You Play Through Adversity?	20	Academics
10	Do You Have Self Control?	20	Academics Policies
11	Can You Accept Being a Substitute?	21	Training & Behavior
12	Do You Prepare Every Day to be the Best?	22	Public Relations
13	Are You Willing to Study?	23	True Champions
14	Do You Understand Being an Athlete?	24	What Does the Coach Expect from You?
15	Do You Fear Failure?	25	Incoming Freshman Checklist

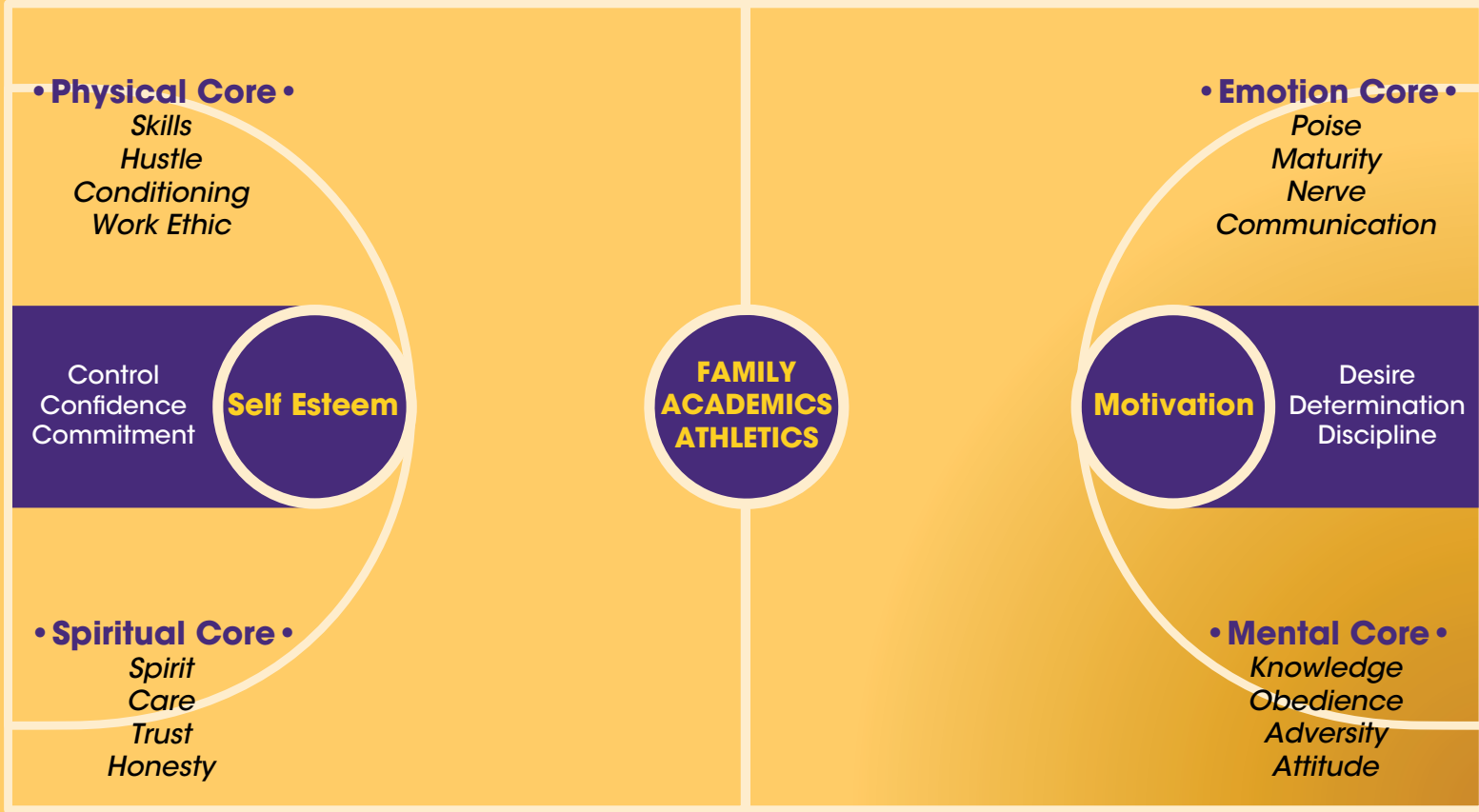




Bengal Blueprint

"Basketball is a game of habits."
- John Wooden

"Don't let other people tell you what you want out of life."
- Pat Riley



"Basketball is a game easy to play and difficult to master."
- James Naismith

"Be a dreamer. If you don't know how to dream you're dead."
- Jim Valvano





Our Philosophy

The Louisiana State University Eunice Lady Bengal Basketball Program, begins continues and ends with the players. It is necessary for the coaching staff to devote all of their efforts with the players in mind. These efforts must go into making the game of basketball a meaningful and memorable experience for all of those who participate.

It is necessary that the players who are in the program are influenced by athletics so that they develop into fine young women. The basketball program is designed so that the young women not only improve as players, but most importantly as people. We want individuals who are true competitors, in the truest sense of the word, who work hard and who are committed in the classroom as well as on the playing floor. We believe that we must challenge our young women so that they develop the necessary qualities to become a competitor.

The Louisiana State University Eunice Lady Bengal Basketball Program is set up in such a way so that we constantly strive for improvement as a program, but also, and more importantly, for each individual student-athlete to improve. A two year plan will be set up which consists of ideas concerning basketball and academics to help with this process.

It is very important that the staff continually review our goals and objectives in order to accomplish them. It is necessary for the staff to lead by example, having a good work ethic, being committed, and working to improve. If we are able to accomplish these goals and objectives, not only will the basketball program be successful, but we will produce young women which will be an asset to our society.





Being an athlete is not an easy job. Throughout the course of the season you will be pushed and trained hard to become the best you can possibly becoming. To undergo such an athletic endeavor, you must prepare yourself physically, mentally, emotionally and spiritually. These are not just words on paper, take this to heart.

Too many players participate in athletics with a complacent attitude and are satisfied with mediocrity. They actually don't want to work to be a champion. This type of player will usually quit when practices get too tough, or fold in an important ball game because they choose not to produce that extra ounce of sweat which may make the difference in a win or loss.

Being an athlete does not imply merely wearing the uniform and being just a member of the squad. You should not wish to participate in sports; you should wish to become successful in sports. There are many important phases to think about if you want to be a champion, not only in basketball but in life as well.

Winners and losers aren't born; they are the products of how they think. You never hear about mothers giving birth to lawyers, doctors, ministers or bankers. They give birth to sons and daughters. What those individuals become is a matter of the choices they make. You ultimately decide whether you succeed or not.

Life is really exciting. One day you're drinking the wine, and the next day you're picking the grapes. There is certain thing in this world that we all have in common, such as time. Everybody has sixty seconds to a minute, sixty minutes in an hour, twenty-four hours to a day; the difference is what we do with that time and how we use it.

Everyone gets discouraged at one time or another. I hate to tell you this but over the course of the year you will have at least

three crises in your life, or what I like to call "drama." That doesn't mean that the drama is bad it is only bad if you react negatively to it. If you can take a positive approach to everything that happens, you'll have experience that improves you for the future.

The one characteristic you must have in this program is to be a self-starter. Nobody is going to wind you up in the morning and give you a pep talk to push you out the door. You have to have a firm belief in yourself, have proper direction and discipline to get things done on your own. Take care of your own business!

It also is imperative to remember that success does not happen over night. Rome wasn't built in a day! Patience is not only a virtue but is a necessity. Remember too that may people will try to discourage you and you and you alone must see the petty jealous and lack of respect for your commitment to be a part of the LSUE basketball family and becoming the best college basketball player you can be. Our motto is:

"Every day and every way, we get a little better."



Can You Be Coached?

Coach able can mean many things to different people. Here are some questions that you should answer yes too, if you are coach able. Do you have a burning desire to learn? Can you take constructive criticism or are you a “know it all”? Will you always do your level best to improve? Do you want to improve? Will you listen, trust and respect the coaching staff?

No one can actually teach you anything. Ultimately, only you can take information from the coaching staff and transform it into your personal use. The Zen tradition says that to learn, we must be an empty vessel. If we know it all, we can't be very open to new knowledge and experiences. The self-learner realizes that an open, seeking attitude of experimentation and suspension of judgment allows new perceptions to form.





Are You Competitive?

Are you possessed with the spirit of competition which fires an intense desire to achieve? Do you want to win, never taking “no” for an answer when there is a job to be done, a rebound to be grabbed, a shot to be stopped, or a basket to be made? Does it bother you to give less than your best effort? Learn to be competitive at everything.

What is competitive greatness? It's being at your best when your best is needed. It's enjoying the challenge when things become difficult, even very difficult. True competitors know it's exhilarating to be involved in something that's very challenging. They don't fear it. They seek it.

Is it fun to do that which is ordinary, easy, and simple, something anyone can do? Not at all. Yet most of the tasks we do in our everyday lives are very simple. Anybody could do them. They will not produce the joy that comes from being involved with something that challenges your body, mind, and spirit. Competitors love that challenge. They know it offers the chance to produce their very finest. It brings forth their competitive greatness.





Are You Willing to Practice?

Not just reporting and putting in the necessary time, but working every day with the same speed and determination you use during a game? Great athletes give their best effort at all times.

Too often the lessons that could be learned from the performance of a truly great athlete are overlooked. Too much attention to final records ignores the means by which these records were achieved. Too little is written or told of the years of grueling practice, of the tremendous will to succeed, or of the diligent concentration of fundamentals that lead to excellence.





Are You Willing to Make Sacrifices?

Are you willing to train or are you wasting your time in athletics? Superior conditioning does not just happen nor is acquired quickly. It is a result of a well planned and executed program of exercise, rest and diet.

Training is exacting and the responsibility is heavy. It includes personal denials but the rewards are great. The best way to remain in great shape is never to get out of it.

“A second rate person can never make a first-class ball player.” It is going to be up to you to see that your maximum physical condition is achieved and maintained. Anything less is a violation of trust.

A great saying in basketball is “sacrifice the me for the we.” How willing are you to let others be the focus of attention? Will you help the teammate that has you position in situations on and off the court? It is easier said than done!





Can You Play Through Adversity?

Do you have the ability to bounce back? Never let bad plays or calls ruin your game? Remember that bad things will happen to you on and off the court, how you handle these situations will determine your success. No matter how many times you get knock down, the only time that matters is the time you do not get back up. When you give it your best effort you may run out of time on the clock, but you will never lose a game.

“SHAKE IT OFF AND STEP UP” is a parable told of a farmer who owned an old mule.

The mule fell into the farmer’s well. The farmer heard the mule ‘braying’ - or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving.

Instead, he called his neighbors together and told them what had happened and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

(Now, switch to the mule’s perspective) Initially, the old mule was hysterical! “You’re doing what! BURYING ME!”

But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him, in the way that only mules can be struck one would imagine. It suddenly dawned on him that every time a shovel load of dirt landed on his back **HE SHOULD SHAKE IT OFF AND STEP UP!**

This he did, blow after blow.

“Shake it off and step up...shake it off and step up...shake it off



and step up!” he repeated to encourage himself.

No matter how painful the blows, or distressing the situation seemed the old mule fought “panic” and just kept right on SHAKING IT OFF AND STEPPING UP!

You’re right! It wasn’t long before the old mule, battered and exhausted, STEPPED TRIUMPHANTLY OVER THE WALL OF THAT WELL!

What seemed like it would bury him, actually blessed him, all because of the manner in which he handled his adversity.



Do You Have Self Control?

As an athlete you must realize that you are in the public spotlight at all times. Your conduct, what you say and do, makes news. This imposes a great need for self control.

It is a cinch to find someone to lead you down the wrong path in life. It takes determination to resist the temptations that exist. Just as one works for years to become a top athlete, one should work to develop an image of a person, a pattern of conduct, and standards by which one is known and respected.

Do not risk destroying a whole career because of an off the court mistake.





Can You Accept Being a Substitute?

A player who shows envy or jealousy toward the starting five or those in the limelight with long press clippings is often judged to have a poor attitude. In truth, however, envy and jealousy are feelings, and feelings are neither good nor bad. It is how a player handles her feelings that will determine whether she is team-oriented.

Not wanting to sit on the bench is perfectly acceptable. If a player has given everything she's got, and it's not good enough to be a starter, she has two choices: She can quit the team and take on another challenging project, or she can accept the role of being a substitute, knowing that she will have opportunities to greatly contribute to her team's success. She may never make the headlines, but she can find satisfaction in knowing that her coach and teammates appreciate the difficulty of the role she has chosen to master.

Even the eighth through tenth player on most teams usually get a lot of playing time, so it is important that nonstarters are ready both physically and mentally to enter a game knowing that they will not hinder -- and may on occasion even enhance -- the team's performance. The greatest compliment a coach can receive about substitutes is, "Your bench is so strong that I couldn't tell any difference when you substituted."

A substitute must learn to take satisfaction in performing steadily and reliably each time she steps on the floor. That should be her goal, rather than dreaming about an unbelievable, the opportunity to be such a hero may never appear leaving her disappointed. More emphasis should be on setting achievable goals.

What goals should the 9th, 10th, 11th and 12th players set? The greatest contribution that these players can make is giving 100% effort in practice. A team can only be as good as the players they practice against. If the starters were to practice daily against a group that had no pride and was not giving it their best shot, they'd have a tough time improving. But if they have to scratch and fight every day to beat the subs, they'll improve easily.

An achievable goal for the substitute seeing little playing time would be to give her all in practice every day to improve the starting five. To do this she must prepare herself mentally and physically just as the starters do and understand that she has an integral part in improving the team by doing her part in practice.

Again, how a substitute handles any feelings of jealousy or disappointment determines her attitude and her team spirit. A substitute should never:

- Start or listen to gossip that alienates the team against another team member
- Sulk or act disinterested while on the bench
- Put a damper on everyone's spirits after a game because she didn't play, or grumble about having to practice with the weaker players (the starting five need to stick together for timing and cohesiveness).

"The role of the substitute is difficult to master, but its rewards are worthy of the effort."



Do You Prepare Every Day to be the Best?

Do you have an ardent desire to improve? Are you willing to practice the things you cannot do more than the things you can do well? Are you willing to put in extra time necessary to perfect a skill or fundamental?

Too many players spend their time doing what they already do well, and therefore, never improve.





Are You Willing to Study?

Basketball was never meant to take the place of studies and the desire to learn. You are in school for an education.

Keep that foremost in your thoughts, but place basketball as another subject in your day of studies. Some players may need extra time to get work done some might need help from others, whatever the case your willingness to succeed is the driving force.

Earn the respect of your teachers as well as your coach. If you can't "pass" you can't play. That is true "on" and "off" the court!





Do You Understand Being an Athlete?

Do you understand the larger game?

To become an athlete you must train in an activity or event you enjoy, simply love and can get obsessed with and addicted to. Don't allow negativity or excuses to set up mental or physical roadblocks.

Athletes understand the importance of visualization and the power of positive thinking. This is absolutely essential and one aspect of training that many are hindered by. Even by training hard and consistently and eating properly, progress will be greatly hindered if negativity is involved in the equation. Focus on your strengths and let them overcome your weaknesses.

Start out every day thinking about what you can and will do and you will mentally set the stage for the rest of the day. Do this everyday and positive thinking will become an old habit.

Training, is the heart of the athletic experience, it is represented by a journey up a mountain path. The peak represents your highest potential. Wherever you stand on this path, it is wise to have a clear map of what's ahead – a way of seeing your position in relationship to your goals, a view of upcoming hurdles, and an understanding of the effort required to reach your peak or highest potential. Realistic vision is an awareness of your potential in a given endeavor, this enables you to choose the wisest course and train for it.

Remember from a good beginning, all else flows. You must give into something called natural laws. Rocks, as an example because they are so inanimate, have little choice to surrender passively to natural laws.

Ignore the natural laws and in ignorance, experience accidents, or create unnecessary struggle by swimming against the natural currents of life. Resist this natural flow and create turmoil. If we resist what is, the natural flow of life will waste energy and fight ourselves. Use this knowledge and blend with nature.

Like birds that ride the wind, fish that swim with the current, or bamboo that bends to absorb the weight of the snow, you can make use of natural forces. This is the real meaning of non-resistance, we can express the law of nonresistance in many ways; don't push the river, let it be, go with the flow, when life gives you lemons make lemonade, turn problems into opportunities and stubbing blocks into stepping stones



STUDENT UNION (LEFT) AND THE HEALTH TECHNOLOGY BUILDING



Do You Fear Failure?

Fear of failure is a natural part of the learning process – a signpost and guide to progress. No one wants to be known as a loser or failure, and we learn defense mechanisms.

Fear of failure creates tension which constricts the blood flow and slows the reflexes. This produces shallow breathing resulting in the constriction of large muscle groups.

To break this cycle you need to make peace with failure. Body mind masters have made peace with failure. The greatest artists, inventors and athletes all failed many times. Babe Ruth was the home run king at one time but he also was the strike out king as well. “The mind leads the body.”

If babies held the same tendency toward self-criticism as adults, they might never learn to walk. Self-criticism is a learned habit, one that usually begins in childhood, when children naturally make mistakes and often receive destructive criticism.

Some believe that we have to criticize ourselves to improve. In reality this judgment only holds this pattern in place. So be gentle with yourself, be your own friend, be kind and patient with yourself.

Fear of failure is a broad area in sports psychology and can come from many different fears. I think you need to dig a little to find out what are the sources of the fears.

Here are some typical fears you might find:

- Fear of embarrassment
- Fear of letting others down
- Worry about what others think about their performance
- Fear of not playing up to one’s potential
- Fear of making mistakes
- Fear of losing the game

I think you need to examine your specific fears and face them head on. After you think about what the specific fears are, please contact me again and I will give you some solutions. This is the first step to dealing with your fear of failure.



MANUEL HALL



Do You Have a Positive Outlook?

Guidelines about positive self-talk to incorporate. To change internal dialogue, monitor what you say to yourself prior to competitions. Internal dialogue follows patterns. Statements made in internal narrative become habitual. Unfortunately, routine statements frequently go unnoticed.

The first step involves paying attention to inner dialogue, so you know what changes are needed.

As a general guideline for self-talk use two types of statements: encouraging statements and instructional statements that focus on skills.

These and only these types of statements are the content of the internal dialogue of champions during performances. Encouraging statements bolster confidence. "You can do it," "You're good," "You're a champ," are examples of this type of inner dialogue. Self-talk that focuses attention on performance skills provides the other positive form of internal dialogue. A driver might say to her, "Stay focused," "Get into position," and "Tight turns."





Practice Guidelines

As a basketball player you must realize that your natural ability can only take you to a certain level; whether or not you can exceed that level will depend upon the effort that you put forth practicing and improving. Player practice guidelines:

Be on time to practice. Never miss a practice unless excused prior to the practice. If late, report before dressing. Never leave the floor without permission.

Take proper care of “you” and equipment. Keep a neat practice appearance and use proper conduct. No profanity.

“A second-rate person cannot make a first-class player.”

Be in top physical condition. You are only as good as your legs. Stress proper diet and rest.

“Don’t expect to soar with the eagles, if you hoot with the owls.”

Concentrate – Listen and learn. When a coach blows his whistle, immediately hold all balls and give full attention. Move quickly to get in position for each drill. When activity is stopped to correct an individual, or a team, pay close attention in order that you will not require the same correction.

“Take the time to understand.”

Give your best effort at all times. No one steps on the floor without full hustle attitude. Come to Play! Prepare for the best. Improve every day. Build correct techniques from the start. Physical habits do not change during a game.

“Great teams are a result of the best players being the hardest workers.”

Make your teammates better. Team success is in direct relationship to individual sacrifice. Praise and encourage your teammates. Acknowledge every assist, good rebound, and good defensive play. Make your opponents targets, not your teammates. Avoid any criticism, excuses or complaining.

“You may have some bad moments but never a bad game.”

Play through adversity. Possess the ability to bounce back and don’t let a bad call or mistake ruin your game.

“If you give anything less than your best, you’re not only cheating yourself, your coaches, your teammates, and everything athletics stand for, you’re cheating the Maker who gave you that talent.” — Vince Lombardi



SCIENCE BUILDING



Golden Rules

1. Be on time!
2. Don't Lie!
3. Do the Right Thing!

Priorities

1. Family
2. Academics
3. Basketball





Individual Responsibilities

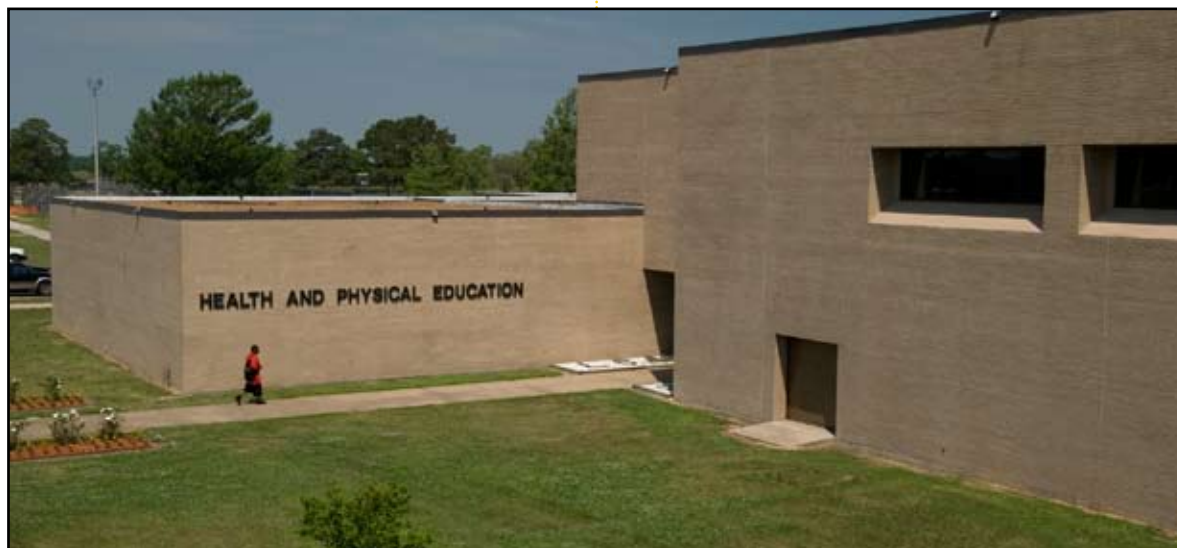
1. Study habits
2. Class attendance
3. Good citizen
4. Training
5. Golden rules

“When it is all said and done your value to the team depends on only one thing – how much the team needs you”

Team Responsibilities

1. Discipline
2. Team concepts
3. Effort
4. Execution

“Losers let things happen. Winners make things happen”



HEALTH & PHYSICAL EDUCATION BUILDING AND HOME TO THE LADY BENGAL BASKETBALL TEAM



Academics

1. Attendance is mandatory.
2. Ask for help before it is too late.
3. Don't cram, review each day.
4. Don't cheat.
5. Budget your time.
6. Take responsibility for your academic schedule and progress.
7. Communicate with your instructors regularly.

“If you don't get the grades, you won't play. If you don't play you let a lot of people down especially yourself”

Academics Policies

Go to class! **Class is mandatory!**

It cannot be emphasized enough that there is a direct correlation between classroom attendance and academic success. Accordingly, attend your classes, not just regularly, but every time one of your classes meets.

Because regular class attendance is so important, your academic progress will be monitored by the coaching staff.

You should inform your professor if illness requires you to miss a class. If a conflict is caused by away games, your professors are usually more than willing to assist you in resolving this conflict. You are strongly encouraged to provide advance notice to your professor when a conflict will occur.

Your instructors will also have attendance policies in each of your courses. The attendance policy is stated in the syllabus which is given to you at the beginning of each semester. It is imperative that you see your instructor and discuss your schedule.



BENGAL VILLAGE APARTMENTS

Training & Behavior

1. No smoking, drugs, narcotics.
2. Avoid guilt by association, you are a public figure.
3. Learn to say no!
4. Get to bed, get enough sleep.
5. Take care of your feet.
6. Eat regular meals, greens, proteins etc.
7. Drink proper amounts of water.
8. We not I!
9. Be humble.

“Your attitude and actions on and off the court reflects on the entire program”





Public Relations

1. Be careful what you do or say in public. You are in a fish bowl and are a reflection of the team, coaches and school.
2. If you can't say anything good about someone do not say anything at all.
3. Don't be misquoted talk slowly and positive.
4. Speak politely to everyone, hello goes a long way.
5. Have manners in hotels and eating places.
6. Shake hands firmly.
7. Look people in the eyes.





True Champions

What are some of the leadership skills and life lessons you wish to teach to the basketball players on your team? Below is a list of values and beliefs that work for me.

1. Make **Christ and His teachings the foundation for your life.** Your goal is to live a Christ-centered balanced life.

2. **Act like a Winner.** I can't stress enough the importance of handling yourself at all times with class and integrity, especially in the tough times that truly test everyone and usually bring out our worst instincts.

3. **Always be positive.** Positive people can take on the world.

4. **Be committed to hard work.** Hard work is not always fun, but it's the price you must pay to be more successful. The harder you work, the tougher it is to surrender.

5. **Be nice.** Treat others the way you would like to be treated.

6. Avoid having to be right all the time. **Your goal is to connect with people,** not defeat.

7. **Be committed to doing things the right way.** Remember that perfect practice makes perfect.

8. **Smile!** In every culture it is the light in your window that tells people there's a caring, sharing individual inside.

9. Learn to **stay relaxed and friendly** no matter how much tension you're under.

10. **Write down EVERYTHING**

11. **Focus** all your attention and energy on the achievement of your goals.

12. Don't put things off. Get in the habit every day of doing the

more unpleasant things first... **If you tell someone you're going to do something, then do it.**

13. Eliminate the word quit from your vocabulary. If you want to be successful over the long haul, you must be willing to stay the course... **People, who won't quit, don't.**

14. **Learn from your mistakes.** There are four things you should do with a mistake: 1) recognize it, 2) admit it, 3) learn from it, 4) forget it.

15. Be able to **admit your weaknesses** and establish short-term goals to overcome them.

16. **Dress and look your best at all times.**

17. Respond with a simple, courteous **"thank you"** when anyone pays you a compliment for any reason.

18. **Sit up front** in the most prominent rows when you attend class, meetings, etc.

19. **Replace the word "can't" with "can," and "try" with "will" in your vocabulary.**

20. Be on time. Always try to be at least **ten minutes early.**

21. Thrive on pressure. **The more you prepare the better able you are to handle pressurized situations.** Pressure often brings out extraordinary results.

22. Develop a study routine. **Discipline yourself to study 1 to 2 hours a night.** Your grades/ performance reflect the amount of time you are willing to invest.

23. **Stay humble.** Respect and recognition comes from personal sacrifice, hard work, and the grace of God.



What Does the Coach Expect from You?

- Act like a Champion.
- Excel in the class room. You will either pay the price now, or you'll pay a bigger price later!
- Expect to Win. Doubters don't win. Winners don't doubt.
- Play Hard. Always give your best.
- Play with Enthusiasm. Enthusiasm shows the world that you're excited and have a passion for what you're doing. Get excited and enjoy what you're doing!
- Play Smart. Stay focused and maintain a high level of concentration.
- Never Give Up! People who won't quit, don't.
- Be Coach-able. These are the people you win championships with.
- Act Mentally Tough. Don't panic and break under pressure!
- Always Have a Positive Attitude. I can't stand negative people!
- Don't Make Excuses. Learn to accept responsibility for your actions.
- Be a Leader. Leaders are people who show the way and lead by example.
- Always put the Team First! Selfish and self-centered people can't.
- Work hard in practice. This is the time you earn the right to play for the State Championship.





Incoming Freshman Checklist

The purpose of this checklist is to make sure that you have turned in all your paperwork and are completely ready for school to start this fall.

- LSUE application for admission (you can find one on our website – under prospective students or call 337-550-1305 to have them mail you one)
- LSUE Bengal Village housing application (you can print off one from our website or call 337-550-7800 and tell them you are a basketball recruit who has signed a letter of intent)
- Complete and send in an immunization form (the form can be found on our website under prospective students or you can call 337-550-1217)
- If you have taken college courses, you need to have the college you took the classes through send your transcripts to Admissions Department.
- Have received information regarding registration for fall classes (this is usually mailed out in March or early April – if you have not received a letter by May you can call the Registrar's office 337-550-1302)
- Have completed all financial aid paperwork (Federal, Pell Grant, etc.). Call the Financial Aid office 337-550-1282 if you have any questions
- Please visit the LSUE website (start with the link current students – then click on academic calendar to find important dates regarding student orientation. A letter will be mailed out to you by the school informing you of orientation and where to meet for it.
- Once you find out who your roommates are going to be, you may want to contact them (if you don't know them) to introduce yourself and start planning who will bring what to the apartment so you don't end up with 4 microwaves – for example.
- Mail paperwork to: Louisiana State University at Eunice
Attention: Name of Department
PO Box 1129
Eunice, LA 70535 USA

