

UCLA BASKETBALL

John Wooden, Head Coach

Re: Your Education

1. You are in UCLA for an education. I want every boy to earn and receive his degree. Keep that first in your thoughts, but place basketball second.
2. Do not cut classes and do be on time.
3. Do not fall behind and do get your work in on time.
4. Have regular study hours and keep them.
5. Arrange with your profs in advance when you must be absent.
6. Do not expect favors. Do your part.
7. Boys on grant-in-aid should arrange for tutoring through the Athletic Department at the first indication of need.
8. Work for a high grade point average. Do not be satisfied by merely meeting the eligibility requirements.
9. Those on campus jobs for grant-in-aid must arrange to get in the required hours. Do your assignment without comparing it with that of another boy.
10. Earn the respect of everyone, especially of yourself.

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Re: Practice

1. Be dressed, on the floor, and ready for practice on time every day. There is no substitute for industriousness and enthusiasm.
2. Warm up and then work on your weaknesses and shoot some free throws when you take the floor and until organized practice begins.
3. Work hard to improve yourself without having to be forced. Be serious. Have fun without clowning. You develop only by doing your best.
4. No cliques, no complaining, no criticizing, no jealousy, no egotism, no envy, no alibis. Earn the respect of all.
5. Never leave the floor without permission.
6. When a coach blows the whistle, all give him your undivided attention and respond immediately without disconcerting in any manner.
7. Move quickly to get in position to start a new drill.
8. Keep a neat practice appearance with shirt tails in, socks pulled up, and hair cut short.
9. Take excellent care of your equipment and keep your locker neat and orderly.
10. Record your weight in and out every day.
11. Do things the way you have been told and do not have to be told every day. Correct habits are formed only through continued repetition of the perfect model.
12. Be clever, not fancy. Good, clever play brings praise while fancy play brings ridicule and criticism.
13. When group activity is stopped to correct one individual, all pay close attention in order that you will not require the same correction.
14. Condition comes from hard work during practice and proper mental and moral conduct.
15. Poise, confidence, and self-control comes from being prepared.

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Re: Normal Expectations

Our chances of having a successful team may be in direct proportion to the ability of each player to live up to the following sets of suggestions:

1. Be a gentleman at all times.
2. Be a team player always.
3. Be on time whenever time is involved.
4. Be a good student in all subjects - not just in basketball.
5. Be enthusiastic, industrious, dependable, loyal and cooperative.
6. Be in the best possible condition--physically, mentally, and morally.
7. Earn the right to be proud and confident.
8. Keep emotions under control without losing fight or aggressiveness.
9. Work constantly to improve without becoming satisfied.
10. Acquire peace of mind by becoming the best that you are capable of becoming.

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1. Never criticize, nag or razz a teammate.
2. Never miss or be late for any class or appointment.
3. Never be selfish, jealous, envious, or egotistical.
4. Never expect favors.
5. Never waste time.
6. Never alibi or make excuses.
7. Never require repeated criticism for the same mistake.
8. Never lose faith or patience.
9. Never grandstand, loaf, sulk, or boast.
10. Never have reason to be sorry afterwards.

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The Player who gives his best is sure of success, while the player who gives less than his best is a failure.