

Attitude - positive, team focused and in your control, unlike many things in this wonderful chaotic sport.

Bond - with your teammates, in order to better succeed in the battles

Compete - when you step on the court, compete for everything, then cooperate when you are off the court.

Demanding - but NEVER demeaning.

Effort - we may not win, but no one should out hustle us, and hustle makes up for many a mistake.

Fun - this is a game, where practice can be as much fun as the game.

Give - to get what you desire and want, give first on and off the court.

Honor - the game, in your heart and your actions.

Intensity - Focus on each point, right here, right now.

Just - do it, for Yoda has it right, do or do not, there is no try.

Keen - to get better just a little bit, each and every day

Leadership - a core part of what makes each player great; study it, be confident, and lead by example.

Mentor - that which you teach, you learn.

New - challenges, opponents, techniques, ideas - the only thing constant is change itself.

Olympism - Citius, Altius, Fortius, the Olympic motto of swifter, higher stronger is how every player should train.

Play - the game teaches the game, play one on one, doubles, triples, fours as often as you can make happen.

Quick - in thought and action, always going for every ball.

Reading - it is the most important skill in our sport, to learn to be in the right place at the right time.

Surprising - be creative and unreadable - rarely hit where you look, and always hit where they aren't.

Trust - every team must have trust to fuel their achievements

Understand - know yourself to better understand others.

Visualize - always seeing yourself doing what you should do, never the myriad of possible errors.

Winner - no matter what the score is, always doing your best,

Xplay - cross things up and be more unpredictable and sneaky with your shots.

Youth - the future of our sport, so give young boys and girls a chance to make this their sport.

Zealot - giving others a chance to share the passion you have for this wonderful lifetime game.