

BY ANY MEANS NECESSARY X THE POST

ATTENTION TO DETAIL

WALL UP

HIGH HANDS

EMBRACE THE RESPONSIBILITY

BEAR THE BURDEN

PROTECT THE CULTURE

CULTURE OF CHAMPIONS

GET A HIT

TAKE A HIT

RAIL AND JAIL

50/50 BALL

HOT TURN-OVER

FIRST TO THE FLOOR

SLAM EM IN THE 30S

TAG AND TRAIL

EAT, JAM, ICE, RED, WHITE

JUMP TO THE BALL

BUMP CUTTERS

SPRINT TO SCREEN

45 J

THROW IT TO THE CORNER OF THE BACKBOARD

80%

PICK UP THE LOOSE BALL, DON'T DRIBBLE IT

BREAK THE GLASS

5 FOOT RULE

TIME AND SCORE

NO FACE CUTS

SPARTAN HAND

COMFORTABLE IN UNCOMFORTABLE SITUATIONS

NO ADRENALINE DUMP

WHAT GETS MEASURED GETS DONE

BIG GAME LETDOWN

EMBRACE THE TARGET

HEAD NEUTRAL

BACK IN THE PLAY

BE EARLY

TABATA

WHITE UN

IF YOU WANT TO BE LIKE US, DO WHAT WE DO.

FACES CHANGE, EXPECTATIONS REMAIN THE SAME

CHOP YOUR FEET

MAKE EM CROSS

SPRINT BACK

CHAMPIONSHIP CULTURES SET AND EMBRACE HIGH STANDARDS

IRON EAGLE

CELTIC PASS

BALL IS GOING OUT OF BOUNDS, CALL FOR IT

PREPARATION

DYNAMIC WARM-UP

STATIONARY DYNAMIC

BE A CHAMPION, DON'T TALK ABOUT BEING A CHAMPION

BREAK CONTACT

FULL-CT. WARM-UP

NEVER DO ANYTHING TO EMBARRASS YOURSELF, YOUR TEAM, OR YOUR FAMILY NAME.

STRONG FOR 1

'INTERESTED' OR 'COMMITTED'

PLAYERS TAKE OWNERSHIP OF THE PROGRAM AND THE PROGRAM'S GOALS

BEST REST 48 HOURS BEFORE THE GAME

VOICES - HAVE A VOICE

GAME TO GET TO THE GAME

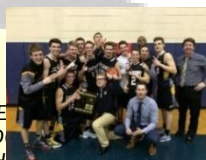
HOT HIGH / HOT LOW

FAKE HUSTLE

DIG HELP

GREY THE POST

HIPS AWAY



JACOBS BASKETBALL
2013-2018
 117 - 33 Overall Record
 Over 5 Seasons

59 - 5 in Fox Valley Conference
 Over 5 Seasons

51-1 in Fox Valley Conference
 2014-2018 Seasons

26 Game Win Streak in Fox Valley Conference
 2016-2018

BASKETBALL
18-21
 Overall Record
 Fox Valley Conference

.5 IT



Chrisaw
 Kenton Ma
 Mike Cana
 Leon Neise
 Mason Ma
 Cameron
 Nikolas Ba
 Kameron
 Tim Pinse