

CATHEDRAL BASKETBALL



CHARACTER EDUCATION

"Within our culture today, common courtesies, ethical and moral behavior, manners, and care for others is so deficient that a student equipped with these attributes will stand head and shoulders above their peers." - Robert J. Fine, Jr.

Coach Middlebrooks is concerned with the development of the "whole person." When too much emphasis is placed on basketball, adults and children seem to get caught up in the hype and often mistakenly forget about the things that really matter. At some point, the ball will stop bouncing. But high character is a life-long asset that will always have tremendous value. Our program places an emphasis on keeping our families and student-athletes grounded. We believe a high character life yields a blessed life.

Topics we cover through our Character Education programming include:

- Study Skills
- Friendly vs. Mean Teasing
- Coping Skills
- Leadership Skills
- School Involvement
- Nurturing Resilience and Strength
- Boot Camp for Organizational Skills
- Bullying 101
- Taking Responsibility of Actions
- Safe and Healthy Relationships
- Overcoming Common Stressors
- Rumors and Reputation
- Conflict Mediation & Resolution - Making yourself part of the solution
- Self Esteem
- SAT Prep
- Deciding on the Right College
- Resume Writing
- Interview Skills
- Developing/Reviewing Ground Rules
- Teamwork
- Balancing Leisure and Work (Sports and Academics, etc.)
- Diversity: How are we alike? How are we different?

For more information call (323) 441-3133

www.PhaNtomBasketball.org

Phantoms