

15 Words of Wisdom from ESPN Analyst & former WNBA Champion, Carolyn Peck to all high school basketball players out there!

1. You get one chance to make a first impression. **Have a presence & self-confidence.**
2. Watch your body language – **there is always someone watching you.**
3. If you continue to hear how great you are, do not let this get you complacent.
4. Sports teach you how to win and handle disappointments that come along the way.
5. If you are **an elite player, coaches will find you** – you don't have to go find them.
6. If you have an issue with your coach, how do you handle it? Coaches in college are not going to tell you what you want to hear. **You must be ready to be held accountable.**
7. **Make doing your best become a habit**, that's how winning is done!
8. Each time you are in front of the media you represent your team, family and yourself.
9. **Be honest with yourself, family and teammates.** Everything you say/post will be recorded so whatever you say/post will live forever! Think about it!
10. Don't let media affect your team or how you play.
11. **No one is successful by themselves.**
12. Receive coaching, that's your job as a player!
13. Former 5 time Olympian, **Teresa Edwards** says she gets her energy to play the game by: "I draw energy from other players weaknesses. I get stronger because other players look weaker!"
14. Best Way to stay Humble—know the players that came before you!
Success leaves footprints, so follow them!
15. Players don't realize how HARD you have to work and how good you have to be to go from high school to college and college to the pro's.