



Vic Athletes are “Team Players” not “Me” Players

- Vic teams must include athletes who have a “team first” attitude, willing to do whatever the team need before themselves they are accountable for their actions, don’t make excuses and don’t blame others.

Vic Athletes...

- Will demand of themselves and their team mates to play with the idea of “team” above themselves.
- Know teamwork and self-sacrifice are essential when developing a winning attitude and building towards success.
- Are committed to their own development; are hungry for feedback from others and open to anything that may improve themselves.



Vic Athletes are known for their exceptional skills and ability to execute under pressure

Vic Athletes...

- Master the basic skills, they have exceptional footwork, their passing is strong and accurate and they make quality selections.
- Can implement a variety of different defensive strategies but are known for dogged, relentless one on one defence. They are not afraid to take a risk and can get ball.
- Are creative and fierce in attack. They use variety and make good choices, knowing how to adapt and change it up when things are not working.
- Are known for their ability to execute and rarely make errors. They take care of the ball and convert every time they get the chance. They are tactically exceptional and implement and execute game plans effectively to achieve team success.



Vic Athletes are great players and equally great athletes

Vic Athletes...

- Are extremely well conditioned and understand how physical preparation can drive on court performance.
- Are physically strong while being known for their speed, power and agility.
- Can execute repeated efforts at high intensity. They are confident they have done the hard work and are fitter, faster, stronger than any opponent they face.



Vic Athletes are confident, self-driven and self-assured

Vic Athletes...

- Are driven to succeed, they are disciplined and will take responsibility for their own careers.
- Are proactive, they demonstrate assertiveness and are not afraid to make decisions. They have a high level of emotional intelligence, remain positive and focused with a high level of resolve and self-belief.



Vic Athletes are relentless and resilient

Vic Athletes...

- Are hardworking and play with unrelenting persistence, they don’t quit and show unwavering fight even in adversity.
- Play with courage and are not afraid to take on a challenge, they thrive under pressure and adapt when circumstances don’t go their way.
- Have strong coping skills, they persevere and see setbacks as an opportunity to grow, improve and become stronger.



Vic Athletes are great people

Vic Athletes...

- Strive to excel in life both on and off the court and they work hard to make positive contributions to the community.
- Value being genuine and authentic in both life and sport.