

**The Guiding Principles of the Pitt-Titusville Basketball Program**  
**By Steve Allen**

The 2016-17 season for the University of Pittsburgh at Titusville men's basketball program will be guided from a new philosophy, 2 simple words, and 3 guiding principles. The two simple words are Give More. The three principles behind Give More are Give More to others, Give More to yourself, and Give More every day. It is with these principles that Pitt-Titusville will have success this season and well beyond.

Give More is a three-tiered approach that promotes altruism, accountability, and continuous effort. First, give more to others promotes that you give more than required, more than you are used to, more than you want to, more than you feel that you can, more than you ever have to others, it promotes giving more to yourself, and it promotes giving more every single day. The United States Navy SEALs motto is "the only easy day was yesterday," and it is a part of what drives Give More.

Give more to others is the first, and the most important facet of Give More. As a part of a team, self-success is a possibility, but the success of a team guarantees the success of self. If you are what drives you, understand that above all, if your team is successful, you are successful. Shane Battier famously spoke "Every championship I've won, high school through pro. No one asks about stats. They ask: Were you a part of that team?" If everyone is successful, you are successful. This is where Give More to others is wildly important. When you give yourself to the success and happiness of others, it spreads. Energies are contagious, and when you give, you receive. It allows you to not only see how much it can benefit an environment, but it can also show if you are in a positive environment. When you give to others, you allow others to succeed, a possibility not allowed within a team sport if you do not. Whether you are a coach or a player, if you charge yourself with the task of giving more to others, you allow others within your program flourish. Give more time, give more than you're required, give more than you are used to giving, give more resources, or simply, give more of yourself. Share yourself and your energy, and your qualities with others and watch it all shine. Be a source of light, shadows are only created by things in the way.

Give more to yourself can be a potentially misconstrued notion towards success. This isn't about giving yourself more shots, more entertainment, or more selfishly. Give more to yourself means to give yourself more opportunities to succeed, more work to be successful, more effort to the task at hand, more of yourself to your goals, passions, and aspirations, more will power to get the extra half hour of shots up, more willingness to say no to a night out and instead spend a night reviewing film, and many other things. Give more to yourself means to invest more in yourself than you ever have before. They say you only live once, and to chase your passions...then give more to that notion. If you love something, give more of yourself to it. Give yourself a greater possibility to succeed through your actions of giving all you have.

Lastly, give more every day is the last, but underlying theme throughout the entire philosophy. Energy is a fully, and I do mean fully, replenishing resource of the human mind, body, and spirit. Understanding that you must do what is necessary to replenish that energy (get enough sleep, eat healthy, etc...) and attack every day with more. The body and mind are excellent in recovery, and recover to a point where you are able to give beyond what you previously gave. Your body and mind recover to a point where you are able to give more, and give more you should. Every day give more than you gave the day before and you can guarantee growth, which is essential to success. If you give only what you've previously given, you'll only get what you've previously got. Give more. Every. Single. Day. Note...if you need to give yourself rest, that is essential. Don't forget that.

Give more will be the governing principle behind the Pitt-Titusville basketball program for the 2016-17 season and beyond. It extends far beyond sport however. If you give more to others, give more to yourself, and give more every day, whichever discipline you pursue, you can ensure you will have no regrets, and better prepare yourself for success. To all coaches and players this upcoming season. Good Luck.