

I credit my work ethic on the basketball court to a Basketball Camp called Excel in Basketball. I attended this camp from second grade my junior year in high school. The philosophies that were implemented at this camp by the Camp Director, Frank Allocco Sr., were life changing. The camp put emphasis on creating habits, about doing everything to the absolute best of your ability, always looking for a way to improve, and making sure everything was done correctly and with proper technique.

I believe that this camp along with its amazing staff has influenced me tremendously and has shown me how to be a leader to my peers. Specifically, Excel taught me how to encourage my high school teammates and how to lead them by example. I am now entering my fourth high school basketball season and I have been a captain of the team every year. Each year I have encouraged my teammates to give their best in everything they do.

Coach always says that playing hard is a skill and I believe this is the only way to play, and the most enjoyable way to play. Each year I have walked out on that court and played my hardest, setting a positive example for my teammates. I have organized group chat on our phones and love sending motivational texts to my team, expressing the importance of being on time, disciplined, and

ready to give it all. What is extremely satisfying is having the opportunity to see that my encouragement actually caused multiple team members to start a routine of working on their game daily, and becoming players who take charges and dive after loose balls. I have a passion for leading in sports and in life and I love seeing how it affects others.

I credit all of this to Coach Frank Allocco Sr. and the words of wisdom he has spoken into my life. Coach Allocco has been in my life since I was born, and I have never had a bad thought about him as a person or a Coach. He has taught me the value of doing things the right way and doing them to the best of my ability. I am positive that the lessons I have learned from Coach Allocco will stay with me and influence me for the duration of my life.

Josh L.