

# TECH HIGH SCHOOL TRACK AND FIELD PROGRAM EXPECTATIONS

## I. Positive Attitude:

- a. We expect a desire to learn, to improve, and to become a better person.
- b. Every action should reflect your respect for your teammates and yourself.
- c. You are the reason we have a great team - sell it!!

## II. Commitment:

- a. If you want to be taken seriously as an athlete, take your commitment to the team seriously.
- b. Be on time to meets and practices - being late is a sign of disrespect. There is no athlete on this team who is valued more than another.
- c. Please send the message that you care - be a self-starter, practice like you mean it!

## III. Character:

- a. Character is the way you act when no one else is watching!
- b. We don't need "talkers" - we need "doers." Prove yourself through your actions, NOT your words.
- c. Give respect and you will get respect - this includes your family, teachers, teammates, coaches, fellow competitors, and YOURSELF!

## IV. Responsibility:

- a. Be proactive - be prepared for practice, meets and school.
- b. When you are responsible for your actions - both positive and negative - you get to own your success.
- c. There is no coach in the world who can *make* you succeed - that is your choice. Choosing success means pushing *yourself*, being resilient to setbacks, and going above and beyond.

To be a part of a team is an all or nothing adventure - you're either in or you're out. There is no middle. We have many All-Star individuals on this team. However, if we don't work as one, we'll go nowhere. There is nothing more exciting than accomplishing a goal together!!

***Have a GREAT season!!!***