



LIBERTY BLUE JAY TRACK&FIELD CHARACTER & ACCOUNTABILITY

IN THE CLASSROOM

IN THE COMMUNITY

AT PRACTICE

ON MEET DAYS

DURING CHAMPIONSHIPS

BE ON TIME	Be in your seat before the bell rings and not out in the hall	Say what you're going to do and when you're going to do it. Then follow through.	No one waits for you! Don't think you're more important than the team. You will be mistaken.	Early is on time, on time is late! Be on the bus, ready to go, in uniform, with spikes and implements.	Be aware of your environment and the time you need to warm up, check in and get numbers.
FOCUS ON THE PROCESS	Teachers don't want you to fail but their not going to give it to you. Be engaged.	Each journey begins with a single step. Make sure the steps you take move you closer to your goals in life.	Every workout has a purpose! Your success depends on attention to detail. There's no going through the motions!	Warm up to prevent injury and perform at your highest level. No one just turns it on.	The things you did in March to prepare for the season are now second nature. The little things got you here.
BE PREPARED	A carpenter can't build a house without a hammer. Be prepared for class so you can build your future!	Think before you speak and before you act. How you respond to situations can set you apart from others.	Being there is <u>not</u> enough! Always bring spikes, training shoes, cold weather gear, and towels to aid your practices.	Know what you run, what time it starts, & when to warm up. Tape, spikes, weigh-ins. Don't be passive.	Pack the night before to make sure you have everything you need to be successful. Don't let things sneak up on you.
GIVE 100%, 100% OF THE TIME	Read assignments! Pay attention! Know when to speak and know what to say when you do!	Everyone has bad days. Will you let yours get you down or will you push through to make it positive?	You will never reach potential unless you push both your mind and body. No one can do it for you.	In track as in life, you're either getting better or falling behind. There is no staying the same.	Don't take it for granted that things will automatically happen for you. That leads to regret.
GIVE OF YOURSELF	Be active in the class! Make sure your teacher knows your name for the right reasons.	You never know who's watching you. Your example inspires others to follow in your footsteps.	Push yourself to push your teammates. They, in turn will make you better.	Cheer your teammates! Hold blocks and help set up the tent.	Focus on your job! Once your job is done, focus on the success of your teammates.
PREPARE FOR TOMORROW	Have assignments done before you leave for meets instead of waiting until after they are due.	Remember: the hand you shake today, may be the recommendation you need tomorrow.	Communicate absences before they occur not after. You are responsible for your schedule.	Do your cool down with the same sense of purpose as you do your warm up. Take care of injuries before they slow you down.	THIS IS THE ROAD TRAVELED BY A CHAMPION! FOR A TRUE CHAMPION, THE ROAD NEVER ENDS!