

THINGS I TELL MY KIDS: GENERAL

1) THE BEST THING IN SPORT IS TO DO YOUR BEST AND WIN;
THE 2ND BEST THING IN SPORT IS TO DO YOUR ~~BEST~~
AND LOSE;

THE GREATEST SATISFACTION IS IN THE FINISHES: TRYING, IN
THE PROCESS

2) BE PATIENT

A. IN TRAINING THINK OF YOUR DEVELOPMENT IN
TERMS OF SEASONS AND YEARS (NOT DAYS
AND WEEKS)

B. IN RACING, RACES ARE NOT WON IN THE FIRST
LAP, NOR IN THE FIRST MILE (XC). "LET RACES
COME TO YOU."

3) I BELIEVE IN YOU. YOU ARE GOOD, YOUR TEAMMATES
ARE GOOD, OUR TEAM IS GOOD. AND WE'RE
GOING TO GET BETTER
I'M PROUD TO BE YOUR COACH.

4) PRIORITIZE / FOCUS:

IF YOU'RE TRYING TO DO MULTIPLE THINGS, KNOW
THAT YOU CAN ONLY DO 2 PRIORITY THINGS WELL
AT ONE TIME

YOU'RE IN HIGH SCHOOL NOW, SO ONE OF THOSE THINGS
MUST BE ACADEMICS. THE OTHER THING MIGHT
BE STUDENT GOVT., ATHLETICS, MUSIC, SOCIAL
LIFE, ETC. YOU CHOOSE.

YOU CAN DO THOSE OTHER THINGS, BUT THEY CANNOT
BE PRIORITIES IF YOU WANT TO EXCEL IN YOUR
TWO PRIORITY PURSUITS. OTHER THINGS IN YOUR
LIFE MUST BE "FAR-BACK-BURNER, LOW-PRIORITY
INTERESTS." ~~GOOD~~

5)

BEHAVIOR/COMPORTMENTTHIS IS YOUR TEAM

AS A MEMBER OF YOUR TEAM YOU REPRESENT:

YOURSELF

YOUR TEAMMATES

YOUR COACHES

YOUR FAMILY

YOUR SCHOOL

YOUR TOWN

YOUR STATE

GIRLS: BE COURTEOUS, RESPECTFUL, WELL-BEHAVED

PRACTICE SPORTSMANSHIP

KEEP YOUR COMPOSURE

EXPRESS YOUR GRATITUDE TO OFFICIALS,

OPPONENTS, OTHER COACHES FOR THE

COMPETITION AND THE OPPORTUNITY

BOYS: DON'T BE A JERK