**HALE CC Team Standards**

We will continue our motto and living the value of “The Journey”.  Our added motto for this fall season will be “All For The Cause!” Our team purpose is to push to be the greatest team we can be by always doing what is right and acting with character and class.  That means **each** person contributes to the success of us as a whole, and we must always act as a team striving to achieve in running, school and life.

In any situation where a decision must be made, think of the following team guidelines that will help guide you and our team to making the most successful and optimal decision.

In no particular order, together we will always act in the following manners.

**For The Team** (support, encourage, celebrate together, group goals before you)

**Character.** (kindness, helpfulness, selflessness, always doing the right thing, always being you)

**No complaining.**  (Trust the coaches, Listen to teachers, *Want* to be better, Belief, max effort)

**No Excuses.**  (Control what you can, do your best to be your best and focus less on outcomes)

**Find a way.**  (Expect obstacles!, get in that run, finish that essay, pass that guy, be a leader)

**All For the Cause.**(Every guy matters, a common purpose, common goal, We before Me)

**Be Accountable** (Always at practice, communicate)

**Max Effort Always** (Do everything you can to be better, everything for the team)

**I will expect the following,**

1. I monitor grades closely, I can make a call to sit you from a meet if I feel there is a lack of effort or I hear of problems in the classroom!
2. Talk to a coach if you are hurt, be in communication with trainer.  Many ‘injuries’ can be managed early!
3. No Walking, it teaches the mind bad habits.  Push yourself further than you think you can go!  There is no bar.
4. No phones at practice!  This is a time to be away from that.  Be an 80’s child.
5. Act with class!  Don’t ever talk down to a teammate, and be competitive but respectful to competition and others.  Remember our standards.

**Meet Conduct**

1. Uniforms are “uniform”.  Will plan same attire so we match.
2. Warm up as pack.  Do proper warmup and cooldown on time.
3. Go to the line as a team!
4. Act with class always!
5. Be at awards on time together as a team, not scattered.
6. Thank the host coaches and the officials.
7. Relax and smile, but no games and horseplay.  Be with the team.
8. Take the bus home!

Every day is an opportunity! We don't have to run, we GET to run!

Take advantage of our gift and have fun.

#AllForTheCause