**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, acting with character and class.  That means **each** person contributes to the success of us as a whole. We must always act as a team, striving to achieve highly in running, school and life.

In any situation where a decision must be made, think of the following pillars that will help guide you and our team in 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, focus less on outcomes)

**Find A Way** (expect obstacles, get in that run, finish that essay, pass that guy, be a leader)

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

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

**I will expect the following,**

1. Keep your grades up. I monitor grades closely, so 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 and be in communication with the trainer.  Many “injuries” can be managed early and even avoided!
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 or competitor. Be competitive, but respectful to competition and others. This goes back to our standards.

**Meet Conduct**

1. Always act with class. Remember the team pillars.
2. Uniforms are “uniform”.  We will bring the same attire, so we match.
3. Warm up and cool down together.  As a team, begin the warm up an hour before, then take care of personal things (use bathroom, put on spikes, etc), and finish with walking to the line, as a team, 15 minutes before the race begins.
4. Be at awards, both on time and all sitting together.
5. Thank the host coaches and the officials.
6. Relax and smile, but no games and horseplay.  Be with the team.
7. 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