



AIR ACADEMY HIGH SCHOOL

2018 TRACK AND FIELD TEAM PHILOSOPHY



Air Academy Track and Field Athletes believe in the following:

INTEGRITY - doing what is right all the time, every time, even when a coach, staff, parent, or team member is not looking. Integrity is critical in building trust between athletes, coaches, staff, parents, fans, and officials. This includes, but is not limited to, being on time and prepared for practices and meets. It also means going to class on time, prepared, and meeting/exceeding all academic requirements to remain eligible for athletic participation.

TEAM SPIRIT - for overall success of the Air Academy Track and Field program, it is essential that all athletes and coaches work together in a cooperative manner. This includes having respect and caring for each other. Each participant must learn to accept their role and to understand how they can contribute to the team. We as coaches want to build a positive relationship with all athletes and parents. There is no place on this team for a poor attitude, which includes selfishness, envy, egotism, criticism of each other, using profanity, fighting, or any other behavior that does not contribute to a positive experience.

ENTHUSIASM - Track and Field is a sport that is meant to be enjoyed. Each athlete must be enthusiastic about competing and being a part of the team. Athletes and coaches should show up to practice willing to give their best effort every day.

SPORTSMANSHIP - good sporting behavior and citizenship are two of the main objectives of competitive athletics. Meets should be competitive, but friendly, and should be worthwhile experiences for all involved, including parents and other spectators.

SUCCESS - there are many definitions and criteria used to determine success. The one we as a staff want to incorporate into this program is that success means "each athlete has the self-satisfaction in knowing that they did everything within their being to become the very best they were capable of becoming for their coaches and teammates." (John Wooden) This type of success does not come easy. It requires a tremendous amount of hard work, dedication, loyalty, cooperation, and enthusiasm. If each and every athlete will approach this season with the initiative that they will do what it takes to become the best they are capable of becoming, the sky is the limit for this program.