

GFC Track & Field Team Rules

1. Come to every day of practice on time and ready to make the most of that day's opportunity.
2. **Do the little things:** Exercises, stretching, weights; These little things add up to making you a better athlete.
3. Commit yourself to being all-in. Train and compete to see how great you can become.
4. Support your team mates at every opportunity.
5. Train so that you can outrun, throw, or jump, your fears, your doubts, and your weaknesses; then, only your goals lie ahead.
6. When you wear our team uniform, you represent yourself, your team, your school, your sport, and your community. Do so with pride and with honor.
7. Be a good sport - congratulate your competitors at every meet.
8. When you put your toe on the line, or step in the ring, pause for a moment and think about the sacrifices (by you and by others) that have brought you to this point...AND have FUN!
9. If your hard effort and good fortune combine to earn you a place in the awards ceremony, or receive an award, everyone will be wearing their team uniform proudly, be humble, be respectful, and look the presenter in the eye when you shake their hand. Say, "Thank-you."
10. Remember that you compete, not by right, but by privilege and opportunity. Show respect to those who have granted that privilege and to those who have provided that opportunity.