

Cavalier Cross Country/Track and Field

TRUST THE PROCESS

To Compete Here:

- **Commit to Your Academics**
Go to class, be on time, represent our team to your teachers and peers, and plan ahead to make yourself successful. Contact teachers before absences or early releases.
- **Commit to JHS athletics and/or activities**
Develop character and work ethic through activities. Hone skills, fitness, and ability through those activities to make you someone we can count on at a highly competitive level.
- **Commit to doing the Right Thing**
We have plenty of school rules; it takes even more to compete here. Trying to do the right thing is important. If a reasonable and prudent person can deduce a conduct violation occurred in the absence of law enforcement, discipline should be expected to be enforced. Report students that do the wrong thing to our administration or resource officer (they will be confidential with this information).

To Stay Here:

- **Be Respectful**
Your teammates, coaches, teachers, parents, officials, and opponents deserve your respect. Treat others the way you want to be treated. Our philosophy is team first. If you do your part to help the team, individual success will come.
- **Be Loyal**
Support your teammates and coaches always; even behind their backs in the most challenging situations. Leave personal issues off the track. Be proud to compete with the best and you will become a better person and athlete for it!

To Be Successful Here:

- **Be Coachable and Communicate with your Coaches and Teammates Appropriately**
Accept criticism and focus your reaction on correcting the issue and getting better. Commit to our style and philosophy. Follow instructions, talk to your coaches, not about them. Accept that all praise and criticism is to make your and/or your team better.
- **Have a Winning Attitude**
Believe in yourself and don't let fear of failure or "bad" teammates hold you back. Acknowledge the good; forget the bad. Never let one mistake turn into two. Compete.
- **Be Realistic**
Identify the things you can realistically do for us and sell out for the team. Our decisions always are for the better of the team.