

Athlete expectations

- We will take attendance each practice.
 - Coach Mary will do this for all athletes except throwers.. Coach Storer will take attendance for our throw athletes.
- Attendance is required and all absences must be communicated ahead of time via email to Coach Mary.
- Lack of communication and/or excessive absences will result in that athlete not being able to compete that week.
- Athletes must practice on time and be prepared with all their gear.
- **Work ethic and consistency:** All athletes must participate in practice. We have athletes of all skill levels on the team but they must be participating and trying their best each day.
- **Respect:** All athletes must be respectful to their teammates, coaches and competitors. This includes not disrupting during practice, paying attention, and having a positive attitude.
- **Supporting your team and having a positive attitude:** Cheering for each other in practice and at meets. Negativity is contagious but so is positivity. Support and encourage positive attitudes everyday.
- **Resilience:** We will have ups and down but learn from it and get back up. This includes injuries. Knowing the difference between being sore or hurting versus being injured.
- **Focus on the process:** Athletes must complete pre and post exercises. A complete warm up and cool down each day and at meets. Open to new ideas.