

Coach Reuter's Complete Athlete

It is the intent of this track and field program is to develop the complete athlete. The complete, (Straight "A") athlete is composed of five aspects that produce athletic achievement : Attitude, Ambition, Ability, Aptitude, & (being an) Ambassador.

The right **ATTITUDE** is the foundation for being a complete athlete. The attitude of a complete athlete should be one in which they set goals and recognize the proper way of attaining those goals. A complete athlete's attitude should be positive, focused, determined, loyal, progressive and purpose-driven. It is essential to compete with the mindset in which the athlete refuses to lose. This means that a complete athlete respects the competition, but never fears the competition. The complete athlete rises to the occasion, never quits, and fights until victory is achieved. *Take on the challenge of anyone, anywhere, anytime!*

A complete athlete should have drive and **AMBITION**. The complete athlete determines short-term and long-term goals based on their current ability. The complete athlete also determines the necessary steps needed to achieve those goals. Sacrifice is the key to success. Every ambitious athlete works hard, but the complete athlete never settles and is never satisfied. The complete athlete does the little things when someone, somewhere else is not practicing. The complete athlete expects adversity, and develops ways to persevere, and overcome obstacles & setbacks. *Failure should not be an option.*

The complete athlete maximizes their **ABILITY** and potential. Some athletes are naturally more gifted than others, but the complete athlete pushes the mental and physical limits of their body & spirit. The complete athlete competes at the highest possible level, while having no regrets. This is accomplished by having trust in their abilities, training, and the program. It is the belief that the mediocre athlete can become good, the good athlete can become great, and the great athlete can become elite within the network of trust. *Anything less than you're best is a personal insult.*

A high **APTITUDE** and knowledge of this sport is characteristic of the complete athlete. An understanding of strategy, self-awareness, mental toughness, and all technical aspects of this sport gives the complete athlete an edge over their competition. A complete athlete understands the "ins & outs" of the sport and can internalize ways to improve. The complete athlete initially becomes a student of the sport. Eventually, it is expected that the student will become a teacher of the sport. In this program, the complete athlete develops into a peer mentor and leader. *Use every opportunity to learn about the sport.*

A complete athlete is an **AMBASSADOR** of the sport. This involves participating in the sport in a manner that represents the team, school, and sport at the highest level. Sportsmanship is about being a humble winner and understanding that failure is an opportunity to become better. As an ambassador, the complete athlete is a leader that is positive, intrinsically motivated, confident, and poised. During periods of adversity, then complete athlete is the "calm amidst the chaos" and becomes a source of guidance. In turn, the complete athlete understands the significance of a their legacy within the ongoing tradition of the sport. *Respect & represent the sport.*

**ATTITUDE + AMBITION + ABILITY + APTITUDE + AMBASSADOR =
ACHIEVEMENT**