

The Other 22 Hours

This coaching staff can work to make you a better athlete for only 2 hours a day at practice. It is absolutely necessary that you do everything you can over the remaining 22 hours to make yourself a complete athlete. Here are some suggestions.

1. You are in the public eye and are expected to always have a positive attitude about the sport, the program, teammates, and coaches.

- In school pay attention, make a good effort, show manners, & be respectful to everyone.
- Every one of you has a “little girl” in the younger grades that idolizes you.
- Set a good example for future Comet track & field athletes.

2. School-attendance and getting homework done are very important!

- A lot of things can be taken away from you in life, but not what you learn.
- Four-year colleges will not even look at students that are not good students.
- Not everyone is an Honor Roll student, but everyone is capable of working hard in the classroom.

3. As members of this team, it is expected that you are leaders in our school.

- Avoid situations that will result in behavior issues, detentions, and suspensions.
- Exhibit good behavior and encourage others to have proper behavior.

4. Avoid smoking, drinking alcoholic beverages, and use of any type of illegal drugs.

- These activities are illegal for your age and are against the school’s Good Conduct policy.
- People participating in these activities unlikely have discipline or commitment to be successful.
- Have the mental toughness to say “No”!

5. Be sure you are getting enough sleep (and rest).

- It is hard for anyone to perform at 100% without enough sleep.
- Recovery days are built in for the sake of your development as an athlete.
- Weekend rest is critical. Avoid non-track related activities and staying out late.

6. Personal appearance is important.

- Represent yourself in a manner that makes your parents, grandparents, and coaches proud.
- Wear proper attire to practice and meets.

7. Be careful with Social Media sites.

- Facebook, Snapchat, Twitter, and inappropriate emails can be major headaches (and possibly illegal).
- Situations arise when high school kids are in pictures at parties where illegal activities occur.
- Don’t post anything that would potentially become “bulletin board material” for a competitor.

8. You are what you eat.

- Eat healthy foods before, during, and after competition (and practice).
- Avoid “pop” and junk food. Choose healthy alternatives. Drink 8, eight-ounces of fluid a day.
- Consume proper amounts of carbohydrates, proteins, and fats. Avoid “fad” diets.

9. Make your track & field team a priority.

- Prioritize family first, school second, and track & field third, but make this team a priority.
- Accept your role on the team, or work harder to change your role on the team.
- Coaches make this team a priority. Respect their vision, decisions, and personal efforts.

10. Deal with adversity (in whatever form it may be) in stride.

- Bad things happen to good people. It’s coming sooner or later. How will you handle it?
- It’s not about how hard you can hit, it’s about how hard you can take a hit & keep moving forward.
- The only road is the high road. Negativity gets you nowhere in life.