



Sunday, December 29, 2019

## **“FOCUS, EFFORT & ATTITUDE”**

- **HIGH LEVEL ATHLETES**
  - **DON'T** have D's & F's on their report card
  - **DON'T** miss offseason workouts
  - **DON'T** finish last in conditioning drills
  - **DON'T** fake injuries to miss workouts
  - **DON'T** run from competition
  - **DON'T** cry about being coached hard
  - **DON'T** have to be motivated
  
- **What you do when nobody is watching is what separates a *CHAMPION* from everybody else.**
  
- **With the new year approaching, make sure that you are setting goals for yourself EVERY day. Make this YOUR year to get better in the classroom, with your mental game, being a positive teammate, a leader, etc.....ALL of the things that YOU can control and get better at!**