



Sunday, February 9, 2020

“FOCUS, EFFORT & ATTITUDE”

- **You can't have different if you don't do different**
- **Change equals self improvement. Push yourself places you haven't been before**
- **You don't get what you ask for. You get what you work for.**
- **When coaches set high standards, the WINNERS will love it and the LAZY & EXCUSE MAKERS will leave. Either way the team gets better.**