

BROOKWOOD GIRLS CROSS COUNTRY - CORE VALUES

- All decisions we make will adhere to these core values. -

- 1. Commitment to TEAM above all else.** We will, at all times, make decisions that give the Brookwood Cross Country Team the best chance of success.
 - *“If you play your heart out for what the jersey says on the front, everyone will remember what the jersey says on the back.”*
- 2. Recognize our role in Brookwood Cross Country tradition.** We are the latest in a long line of champions. The Brookwood Cross Country tradition of excellence is unparalleled. We have a responsibility to continue that tradition and will act accordingly.
 - *“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle*
- 3. Practice self-discipline and determination.** We will complete every workout, as prescribed, from beginning to end. We will have a plan to continually improve and will follow that plan without fail. We complete workouts in their entirety when coaches are not around.
 - *“Today I will do what others won’t, so tomorrow I can do what others can’t.” - Jerry Rice*
- 4. Have a positive outlook.** A positive outlook is a choice. We choose to have a positive outlook on life and on running. We love to run. We love being part of a team and striving for common goals. There is no better feeling than working hard to accomplish a goal.
 - *“Enthusiasm - You must truly enjoy what you are doing. This is a cornerstone of success.” - John Wooden’s Pyramid of Success*
- 5. Recognize that hard work beats talent.** We will not always have the most talented team. But, we will always have the hardest working team. We recognize that talent without hard work is useless.
 - *“Success travels in the company of very hard work. There is no trick, no easy way.” - John Wooden*
 - *“There may be people that have more talent than you. But, there’s no excuse for anyone to work harder than you do.” - Derek Jeter*
- 6. Commit to training in the “off” seasons.** Cross country success is determined in the winter, spring, and summer. Summer training is critical to fall cross country success. Winter training is critical to spring track success.
 - *“Fall holds no secrets as to how summer was spent.”*
- 7. Be fearless and not afraid of failure.** We will race smart and daring. We will have a competitive fire and will back down from no one. Pain tolerance is a learned skill. We will obtain that skill through practice and apply it in meets. We will show up to meets with the utmost inner confidence because we have done our “homework” at practice.
 - *“Fortes fortuna juvat” (Fortune favors the brave)*
- 8. Act respectfully.** We will never, under any circumstances, act in a way that makes anyone feel beneath us. Greatness is not a birthright. Inclusive acts of kindness are genuine and frequent. We take great pleasure in serving others and acting in a way that makes our community better.
 - *“I speak to every man the same way, whether he is the garbage man or the president.” - Albert Einstein*
- 9. Win with humility.** A humble athlete wins like she is used to it. We will be thankful for all that we have been blessed with. Losing is taken with grace and equal humility. The lessons we learn from both victory and defeat will be applied in our next race.
 - *“Talent is God given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.” - John Wooden*
- 10. Take care of the little things.** We understand that the little things add up to make big differences. Little things like nutritious foods, going to bed at the same time every night, staying hydrated, packing our running clothes & shoes the night before, logging every run, stretching after every run, and taking in post-run food and drinks are critical to our individual and team success.
 - *“It’s the little details that are vital. Little things make big things happen” - John Wooden*
- 11. Set measurable and challenging goals.** We will set goals that will challenge our limits. We will have a measurable plan to achieve those goals. We will follow the plan to accomplish those goals.
 - *“Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. Impossible is nothing.” - Muhammad Ali*