

# **SPARTAN TRACK & FIELD**

## **Vision Statement**

Track is a unique sport. Every student-athlete has to compete against themselves in order to reach their fullest potential, whether they race, jump, vault, or throw. Track is also unique in its concept of “play time”. There is no bench! Every Spartan student-athlete will have the opportunity to learn, grow, and show their work in their own event(s). Every Spartan understands that although most athletes are competing in individual events, every individual performance is a contribution to both self improvement and the betterment of the team!

## **Mission Statement**

At Mayo Spartan Track & Field, our staff will strive to provide a positive experience centered around Family, Commitment, and Personal Growth for every student-athlete. At the core of this mission is the idea that every student-athlete will leave our program having surpassed the person they are right now, and will have begun a new journey in becoming a more caring and committed individual to themselves and those around them.

## **The Spartan Way - Team Expectations**

### **1. FAMILY**

- a. Stay until the end of every Meet to support your teammates
- b. Understand that you may be asked to compete in events to benefit the team
- c. Hold yourself and your teammates accountable to our team tasks

### **2. COMMITMENT**

- a. Make practice a priority
- b. Set goals for yourself and make a plan to reach those goals
- c. Communication is essential to growth

### **3. PERSONAL GROWTH**

- a. Take steps to get better every day
- b. Prepare to be successful, not preparing is preparing to fail
- c. Give yourself some slack