**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 guy” in the younger grades that idolizes you.

- Set a good example for future River Hawk 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, 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.