



1. Unity – Be more than a team. Be a force.

“A player who makes a team great is more valuable than a great player.” John Wooden

2. Integrity – Be honest. Be accountable. No excuses.

“One of the truest tests of integrity is its blunt refusal to be compromised.” Chinua Achebe

3. Leadership – Stand up. Take charge. Lead by example.

“The ultimate measure of a leader is not where she stands in moments of comfort and convenience, but where she stands at times of challenge and controversy.”

4. Passion – Thrive on it. Pass it on.

“There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it.” Napoleon Hill

5. Commitment - 100% commitment to excellence.

“No Excuses, play like a champion.”

6. Respect – Earn it. Give it.

“We confide in our strength, without boasting of it; we respect that of others, without fearing it.” Thomas Jefferson

7. Discipline – Focus on your goals. Act accordingly.

“The successful person has the habit of doing the things failures don’t like to do. They don’t like doing them either necessarily. But their disliking is subordinated to the strength of their purpose.” E.M. Gray

8. Courage – Take risks. Own the race. Hold nothing back.

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.” Eleanor Roosevelt

9. Adaptability – Be flexible. Emotionally, physically and mentally.

“When obstacles arise, we change direction to reach our goal; we do not change our decision to get there.” Zig Ziglar

10. Nobility – Put the team first.

“The truth is that there is nothing noble in being superior to somebody else. The only real nobility is in being superior to your former self.” Whitney Young

11. Confidence - Starts with effort. Gained through hard work.

“No one can make you feel inferior without your consent.” Eleanor Roosevelt

12. Toughness - Every minute of every day.

“Impossible is just a big word thrown around by small people who find it easier to live in the world they’ve been given, than to explore the powers they have to change it.

Impossible is not a fact; it’s an opinion.

Impossible is not a declaration; it’s a dare.

Impossible is potential.

Impossible is temporary.

Impossible is nothing.”

“The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching.”

Anson Durance