

# 2023 TEAM RULES & ATHLETE AGREEMENT

Every day we all have a chance to get better. To reach for something greater. Achieve more than we achieved the day before. And that's no different with Olympus Track Club. We aspire to develop into the greatest competitors we can possibly be. Obtaining a medal is less important than reaching a personal best every day.

## **TEAM RULES:**

### COMMITMENT:

Make the decision to give your best now. Not after you have some success.

### TRUST:

Do what you say you are going to do. Nothing less. There is no team without trust.

### RESPECT:

Treat your teammates as you would like to be treated. Respect the challenger.

### BELIEVE:

Know that you will improve. Anticipate there will be rough days ahead.

### EFFORT:

It is the only thing you can control.

### COMPETE:

Never ever let *your greatest competitor* beat you.

Your greatest competitor is **YOURSELF!**

*\* When all else seems to not work. Start back at COMMITMENT.*

## **SPIRIT OF A COMPETITOR**

A competitor realizes two key things that non competitors do not.

1. He/she is his/her greatest opponent.
2. He/she has enough self-esteem to never quit on themselves or their team.

Everyone else in the race is there to hold you accountable.