



Hilliard Darby Boys Track and Field

We are building a culture of greatness here at Hilliard Darby Track and Field program and with that come expectations from everyone involved in our program.

The L.E.A.P. philosophy is the foundation of our program. It stands for Love Energy Audacity and Proof. This is a leadership style adopted from Steve Farber who is the author of the book "The Radical Leap".

Creating a Culture of Greatness:

1. We create a culture of greatness by expecting great things to happen – even during challenging times.
2. We create a culture of greatness by expecting everyone on the team to be their best. We don't settle for anything less than excellence.
3. We create a culture of greatness by coaching, training, and developing our team to be their best.

Team Expectations:

1. It is expected that as a member of this team athletes will attend every lifting and practice session from beginning to end. Family and school situations are the only things that will be considered an excused absence. Unexcused absences will result as followed
 - 1st -- Coach and athlete meeting.
 - 2nd -- Coach, athlete, and phone call home.
 - 3rd -- Removal from team.
2. All athletes are expected to treat each member with love and respect. Inappropriate language, bullying, taunting and any other form of disrespect will not be tolerated and is grounds for removal from this team.
3. All participating athletes are expected to stay until the end of the meets. At the end of every meet the entire team will line up on the backstretch and cheer on the 4x400 relay team.
4. All athletes are expected to give their best every day. There is a balance between having fun and working hard. This program is not for those who want to socialize more than work. Focus should be put on the athletes personal goals every day, an athlete may be asked to leave a practice session if that athlete chooses to focus on other things and becomes a distraction to others.

Sign and return if you are ready to Create a Culture of Greatness and understand the Team Expectations

Print Name: _____

Signature: _____

