

## ***50 Ways to a Better Athletic Experience at Masconomet High School***

- Persistence is more important than talent.
- There is a reason that student comes first in student athlete.
- Respect the game.
- Tuck in your shirt.
- It doesn't take any talent to hustle. Practice hard every day.
- Be a student of the game. Learn the game. Study its history.
- Help your team win whether you play or not.
- Keep a daily diary of the things you do in practice. This will help you see your progress.
- Never argue with an official.
- Athletics provides you with an opportunity to reveal your character.
- Let your coaches coach you.
- Don't be too hard on yourself, but don't give yourself a free ride.
- Maintain grades that are better than the minimum needed to remain eligible.
- Set high standards for yourself and your team.
- Be the first one out for practice.
- Your parents love you very much, but they don't know more than your coaches. Neither do you.
- Don't make excuses for yourself. Don't let anyone make excuses for you.
- Life is not fair.
- Be passionate about your teammates and about your team.
- When you do a drill, do it right every time.
- Love the game.
- Learn to appreciate routine play done to perfection.
- Strive to win, but don't be afraid to lose.
- Keep your locker room clean.
- Learn your role. Accept it.
- Treat support personnel with respect at all times. Managers and trainers are there to help you. They are not your servants.
- Tell people thank you. Mean it.
- Tie your shoes.
- Body language screams. It never whispers.
- Coaches owe you honesty. Be honest with them.
- Do the right thing even when no one is watching.
- Cheer for your teammates.
- Learn from mistakes.
- Games are supposed to be fun. Hard work doesn't change that. Winning and losing doesn't change that.
- You don't have to be a great athlete to be a good player.
- When you jog to warm up, finish first.
- Accept criticism as an opportunity to improve.
- Be willing to do whatever it takes to help the team succeed. Believe that your teammates are willing to do the same.
- Strive to get better at what you do worst every day.
- Make eye contact when your coaches are talking.
- Compete.
- Play the game. Don't play to the fans.
- Be a leader in word and action, but be a follower when appropriate.
- Learn the difference between a right and a privilege.
- Respect your opponents.
- Be enthusiastic.
- Watch tape with a purpose. There is always something to learn.
- You cannot change what you did yesterday, but you can change what you are going to do today.
- Learn to be humble. The spotlight is never too small to share.
- Thank God for your gifts, talents, and opportunities every day.

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