

Athletic Philosophy Statement

The Lincoln-Sudbury Regional High School core values permeate the athletic program.

These values include:

- Promotion of cooperative and caring relationships between all members of the school community.
- Respect for human differences.
- Satisfaction with the pursuit of excellence.
- Such values set the stage for the major objectives of athletic program. L-S attempts to develop student-athletes:
 - Physically, by learning sport skills, improving physical conditioning, developing good health habits, and avoiding injuries.
 - Psychologically, by learning to control their emotions and developing feelings of self-worth.
 - Socially, by learning cooperation and respect in a competitive context, and by practicing appropriate standards of behavior.
 - By having fun, which includes the need for stimulation and excitement.
 - By striving to win, within the rules of the game.

The L-S athletic department covenants are the guiding principles for all teams. They are a bond, a pact, a pledge, and an oath that all students and coaches must follow. The covenants of respect, commitment, and success are defined as follows.

RESPECT

- Teammates - never let your teammates down
- School - reflect the L-S core values (listed above), abide by school wide rules
- Coaches & Teachers - trust your teaching, learn to take constructive feedback as a compliment
- Opponents - make a commitment to greet/welcome all visiting teams, play hard and fair
- Officials - captains and coaches greet officials, model poise with calls
- Differences - beliefs, customs, dress, lifestyles
- Facilities/equipment/bus - clean up areas such as fields, gyms, and locker rooms after use; respect opponent's facilities
- Self - practice humility, teachable spirit, serve the team, resist temptations, remain in control during emotional times

COMMITMENT

- Team first attitude, buy into something bigger than yourself
- Show up every day and give your best
- Start your own engine, bring enthusiasm, work just as hard when nobody is watching
- Your effort in practice should match your effort against your toughest opponent
- Be a "get it done" teammate, identify team needs and get them done
- Be positive, optimistic
- Share your passion
- Protect and defend by being loyal to coaches and teammates, especially when things are going poorly, never give up
- Choose the hard right over the easy wrong

L-S SUCCESS - An Experience Beyond Victory

- "We" has mentally and physically overtaken "me"
- Personal reward is given away to team glory
- When all the strengths, attitudes, energies, roles and skills are voluntarily and intentionally blended together for the sake of the team
- When the entire focus is on collective accomplishment

Athletics, then, are not a "frill"; not an "outside activity". They have an enormous impact upon every student who takes part. And the school has an absolute responsibility to try to make sure that effect is a positive one.