

WIN THE DAY

When looking to establish a theme every year I look at what type of team and personality of the returning kids. I look at physical talent, how hard do the returners work, what are realistic program goals and what role can our theme play in helping us reach these levels. As we enter our 3rd year as a combined program I believe that our teams can reach the same standards that teams have achieved in the past two years. What separates good teams from great ones is how much they invest every day. Are they willing to do the hard work as much as the fun work? Can they grind out the grueling workouts or will they come up with excuses as to why they can't answer the bell on that given day? Will they support a teammate who may take their spot if they beat them or will they be where they need to be every day no excuses? Are they willing to **WIN THE DAY**?

WIN THE DAY is as simple as "doing what it takes each and every day to reach my goals. No excuses, no short cuts and no stopping me from it." Because we have had so much success many people think that they will succeed when they reach the varsity level but they aren't prepared to do what it takes on a given day. They want a guarantee that they will be successful instead of taking the chance and coming up short. The theme **WIN THE DAY** is a constant reminder that if you take care of what you can control you can be a successful teammate and have the success that you desire. The only thing that holds people back is not believing they can do what they set their mind to. **WIN THE DAY** is set up to allow you to get there with the team picking you up and helping you get there! If you are willing to focus only on each day you will be ready for the end of season meets and achieve your goals - big or small.

Why do we need to "**WIN THE DAY**?" We feel that we can be a dynamic team this year, BUT we must all start to become mentally stronger people; people who do things right every day. We have to be on time, be smart, be accountable, be dependable, be courteous, and treat people how we want to be treated. These are all hard things to do if you do not put any thought into them. These are true habits, but they are habits that ALL successful people have (all people for that matter) especially those who **WIN THE DAY!**

I believe in this team and the talent in the room. Right now, on December 7th, I feel that we can be one of the best teams in school history but do you believe that? We can go one of two ways: we can either dominate or we can be just "okay." If we don't establish how we want to do things, then I don't think we can become champions. Each team has an identity, and ours will have to become one where we can count on each other, one where we can depend on each other, and one that does the right thing. We will do this not because we have to, but because it's the right thing to do! I am challenging you more than any team in our history- can you step up and become champions? Can we establish the foundation that will lead us to where we want to go? These habits will take all season long to build but will be habits that will stay a lifetime and will allow you all to **WIN THE DAY!**