**Expectations by Class**

**What does it take to be successful?**

Commitment

Meaningful goals

Team first, me second

Don’t doubt yourself

Do workouts as prescribed

Weight training

Good diet

**What is expected of you?**

**Freshmen**

Be committed

Learn from upperclassmen

Adapt to new coaches and runners

Give it time

Stick to goals, work hard for 4 years

**Sophomores**

Help freshmen adapt

Support team, captains, and coaches

Be a leader when needed

**Juniors & Seniors**

Strong leadership

Help at meets and practice

Strong coaching support and advisers

Involved in team meetings

Help before, during, and after competition

Preview upcoming meets and competition

Be positive and follow coach’s direction

Great role models

Anything you can do to help the team be successful

**Team**

4 year commitment

Good stress environment

Family, Brothers, Unbreakable Bond, Unity

Everyone supports team, coaches, and athletes