

4 P's for Peak Performance

In order to perform at our best; Jaguars must be prepared, positive, present and purposeful in all that we do. These guiding principles will allow athletes to flourish and meet individual and team goals. Exemplifying these principles will allow you to get the most benefit out of your time on the North Creek Track and Field Team. All athletes must pledge to honor and uphold these values as a member of North Creek Track and Field Community.

Prepared:

1. Jaguar athletes wear sweats to practice every day. Rain or Shine! On 2nd day without sweats, you will be sent home to get sweats.
2. Jaguars show up everyday with training and event specific shoes.
3. Jaguars bring a full water bottle to practice and competitions. Make healthy hydration choices(no soda or high sugar beverages). Minimum water consumption is half our body weight in ounces.
Example: I weigh 200lbs, so I need to drink at least 100 oz. of water a day.
4. Jaguars perform optimally at practice because they eat a balanced breakfast, lunch and snack before practice.
5. Jaguar athletes are students of their events and make time to watch film and study others who have experienced success.
6. Jaguars give their best to every skill they practice, so they can be fully prepared to compete and reach new personal records during competition.

Positive:

1. Jaguars show up to practice and meets mentally fresh, with a positive attitude that prepares them to focus on the demands of practice and competitions.
 - a. We do our best to leave any problems at the door when it's Track time.
 - b. If something is bothering us, we reach out to our Jaguar family for help.
 - c. When we notice someone is not themselves, we check in to listen or offer advice.
 - d. We address conflict in a respectful manner and are sure to hear all perspectives.
2. Always use positive self talk!
 - a. Affirmations create truth.
 - i. Always state an action as fact.
Good example: I use an active right foot to drive through the ground for an explosive start.
 - ii. Don't use phrases that allow self doubt into the mind!
Bad example: I will use.... I want to use.. I'm going to try to use.. NEVER:
I CAN'T
 - b. The only person that can limit your achievement, is yourself.
 - c. The 1st step to reaching your goal is believing it is possible and then outlining process steps.
 - d. Always give yourself praise for growth earned in practice and competition.
Recognize and acknowledge the little things you are doing well. This will lead you to reaching your goals. Everything Matters.

This form must be signed and turned in AT uniform checkout.

- e. Empower teammates to see their strengths. Point out what others are doing well.

Purposeful:

1. Focus on the PROCESS not the outcome.
2. Every warm-up, drill, progression or practice activity directly correlates to your event.
 - a. Always use sharp, purposeful movements!
3. Working to control your movements and engage specific muscles will build body awareness and allow you to master the mechanics of your event.
4. Think critically and find connections in your daily life. Can you ascend or descend stairs to simulate an aspect of your event?
5. Find time to work through your visualizations. Train the mind and the body will follow.

Present:

1. Be engaged!
 - a. Use eye contact.
 - b. Ask questions.
 - c. Stay unplugged, phones away.
2. FOCUS!
 - a. We are physically and mentally attentive when spoken to, whether by a coach, teammate or meet official.
 - b. Jaguars want to be actively involved in the learning process.
 - i. I value and trust the expertise of coaches.
 - ii. If I am unsure of a training aspect, I ask for clarification.
 - iii. Jaguars study their teammates technique and point out skills they are successful with.
3. Commit to yourself, to your teammates and adhere to the attendance policy.
4. Our Jaguar Family is present at meets to compete AND to encourage and cheer their teammates onto new heights, distances and times.

I _____ (print name) will work towards incorporating the Jaguar Power Principles into my daily life. This season I can demonstrate these principles by;

Athlete Sign

Date