





**I Love
Track and Field**



Playing Time



Measuring Improvement

A black and white photograph capturing a moment of triumph between two female athletes. They are high-fiving each other, with their hands meeting in the center of the frame. The athlete on the left is smiling broadly, looking towards her teammate. The athlete on the right is also smiling and looking towards the first athlete. They are wearing dark athletic tank tops. The background is a blurred crowd of spectators, suggesting a large-scale sporting event. The overall mood is one of joy and accomplishment.

**How Success
is Measured**

Perception of Headwinds/Tailwinds Asymmetry



Headwinds

Tailwinds



Determination, Persistence...

Grit

https://www.washingtonpost.com/opinions/for-college-admissions-lets-value-grit-over-gpas/2018/11/28/8aa1c9c4-ed09-11e8-8679-934a2b33be52_story.html?utm_term=.df4298aecad7

**Success in life is
all about getting
the most out of
what you have
been given.**

Athletics and Life

- ‘a commitment to pursue something they love, believe in and value...(if at Harvard) the person gets hurt, or does not make the team...all that energy, drive and commitment—that grit—that was developed through athletics can always be transferred to something else.’
–Bill Fitzsimmons, Dean of Admissions, Harvard University
- ‘I know a lot of CEOs who are looking for three- to four-year varsity athletes -- not necessarily because these people are going to be doing pushups or spiking volleyballs in the workplace, but because they’re looking for that continuity, that person who was gritty about something.’ –Angela Duckworth, author of *Grit*



A long way to say...

**I believe this
team is
important**



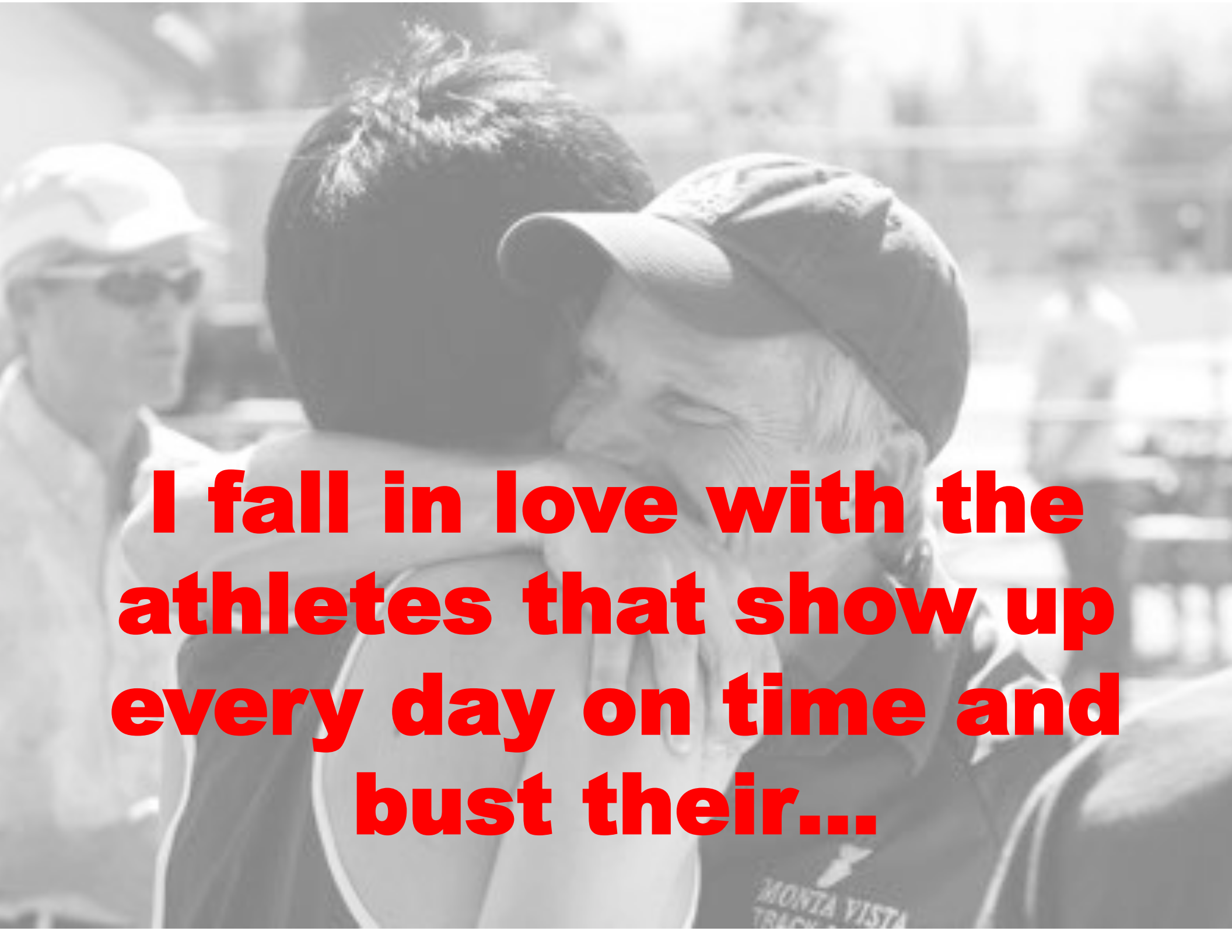
Expectations

**A good teammate
does not let you
quit on your
worst day.**

Expectations

**Show up every
day and work
hard.**

- You will not be cut because you are not a gifted athlete.
- You may be cut due to your attitude and effort.
- RESPECT: for yourself, your teammates, your coaches, your competitors...



I fall in love with the athletes that show up every day on time and bust their...

Earning PE Credit

Minimum Requirements

- You must be training-fit on the first day of practice.
- No more than five absences.
 - Leaving early or arriving late is an absence.
 - If you are in a Winter sport, starts when your Winter sport season ends.
- Must compete in all league meets.
 - If you are injured you must still be at the meet.
- Must compete in the invitational & 400 Shoot Out.
- Must compete in League Finals (or volunteer to work Finals and SCVALs if you don't qualify).
- **This is not a complete list, remember you can be cut based upon the coaches' judgment of your attitude/effort**

Earning PE Credit is easy if track is a priority for you, hard if track is not a priority.

If you are a senior and need one more PE credit...
**the easiest and safest way to graduate is
to take a PE class.**



A black and white photograph of four cheerleaders standing in a row, smiling. They are wearing dark, sleeveless uniforms with white wing-like graphics. The background shows bleachers in a gymnasium.

Questions?

**See you on Monday,
January 28!**

**(with all your paperwork and
physical complete and signed off!)**