

DEERFIELD GIRLS CROSS COUNTRY

Team Expectations

- Show up on time and ready to practice
- Exhibit a caring and encouraging attitude
- Maintain integrity
- Wear appropriate clothing
- Avoid illegal activities
- Work hard
- Have fun

To Be at Your Best

- Never give up
- Make your team a priority
- Remain focused on your goal
- Push yourself
- Make every day count
- Remove doubt
- Control what you can control; don't worry about the rest