



## **SHHS ATHLETICS CORE VALUES, DEFINITIONS, AND STANDARDS FOR ATHLETES**

### **ACCOUNTABILITY**

**DEFINITION**- Taking ownership of your actions or decisions regardless of the outcome, and not creating a toxic environment.

***STANDARDS***- Accepting repercussions of your decisions regardless of outcome and still remaining a positive part of the team.

### **COMMITMENT**

**DEFINITION**- Being dedicated to giving your best effort to the team, your teammates, Sterling Heights High School, all practices, and all competitions.

***STANDARDS***- Showing up on time and being ready to go every day. Communicating well in advance to staff for family emergencies or school related conflicts.

### **TRUST/INTEGRITY**

**DEFINITION**- Doing the right thing even when no one is watching. Being able to carry out or complete a task to the coaches' expectations without direct supervision.

***STANDARDS***- Adhering to the expectations that the school/team/coach have even when no one is watching or giving you praise as it is the right thing to do.

### **FUN**

**DEFINITION**- Enjoying your participation in sports through hard work, challenges, success, improvement, and the team.

***STANDARDS***- Participating in team building activities, creating competitive practice games, laughing, rising to the challenge, supporting your teammates at all times, and winning.