Prospect Knights XCTF
The Guide to Success

Sports education is vital to promoting passion, commitment, and responsibility in our youth. My goal is to build athletes that are well rounded, learn proper training techniques, develop a love for the "team," possess a positive attitude, and walk away with the knowledge necessary for a lifetime of fitness and health. The goal is to not only prepare our athletes for important competitions, but also for the challenges they will face throughout life and the focus is on being: The best YOU, YOU can be.

The Five Components of Being the Best YOU, YOU can be.

COMMITMENT- Sticking to it through thick and thin. Commit to your individual goals and entrust in your teammates and coaches to support you. Commit to the program and celebrate in the successes of YOUR Team.

COMMUNICATION – Communication is a life skill and it is essential that individuals learn to communicate honestly. Those athletes that communicate early and often are doing the "right" thing. Do the right thing and communicate from the beginning.

CONSISTENCY - Improvement in every aspect of your life requires continual practice and preparation. Learn to train at a high level each and every day. Treat each workout with the importance of the next and never overlook a day of training..

RESPONSIBILITY - You and only you are responsible for your actions so do the next right thing. Your actions represent you, your team, your school, and your family. Do everything you do to the best of your ability and are proud of it.

PERSEVERANCE – It is not about how many times you fail but rather it is how many times you get up. The great ones failed over and over again but it is their triumphs we remember. "I've failed over and over and over again in my life. And that is why I succeed." – Michael Jordan

"Don't Give up, Don't Ever Give Up" – Jimmy Valvano extraordinary

GO FIGHT, WIN KNIGHTS!!