



Commitment, Organized, Understanding, Giving, Accountability, Relentless, Selfless

CC Softball, The Cougar Mission

MISSION	<ul style="list-style-type: none"> Develop champions of character who succeed on and off the field 	
MOTTO	<ul style="list-style-type: none"> #WIT = Whatever It Takes This is Specific to this team 	
VISION	<ul style="list-style-type: none"> Win 30+ Games, Win 2 Tournaments, Win District, Host a playoff series, Win State 	
PRINCIPLES	<ul style="list-style-type: none"> COMMITTED We will be <u>COMMITTED</u>, having a plan for everything ORGANIZED We will be <u>ORGANIZED</u>, everything has a place and a home UNDERSTANDING Each one of us will be <u>UNDERSTANDING</u> of others on our team GIVING We will be <u>GIVERS</u>, offer ourselves to others ACCOUNTABILITY We are <u>ACCOUNTABLE</u> by doing what we say we'll do RELENTLESS We will be <u>RELENTLESS</u>, never giving up SELFLESS We are <u>SELFLESS</u>, putting the we over the me 	
THE COUGARS CREED	<ul style="list-style-type: none"> The Cougars Mission- We compete with a <u>COMMITMENT</u>, have a plan for everything we do. We will be <u>ORGANIZED</u>, knowing everything has a place and a home. We will be <u>UNDERSTANDING</u> of others on our team. We are <u>GIVERS</u>, who will offer ourselves to others. We will be <u>ACCOUNTABLE</u> by doing what we say we'll do. We will be <u>RELENTLESS</u>, never giving up. We are <u>SELFLESS</u>, put we over me and execute our role for the team. We are <u>COUGARS</u>. 	
IN SPORT	<ul style="list-style-type: none"> <input type="checkbox"/> Be coachable and accept constructive criticism as a compliment <input type="checkbox"/> Execute early work and have consistent pre-practice routines <input type="checkbox"/> Sprint everywhere on the field and play with a relentless positive energy <input type="checkbox"/> Act different than how you feel, never show weakness or make excuses 	<ul style="list-style-type: none"> <input type="checkbox"/> Be coachable and accept constructive criticism as a compliment <input type="checkbox"/> Execute early work and have consistent pre-practice routines <input type="checkbox"/> Sprint everywhere on the field and play with a relentless positive energy
IN SCHOOL	<ul style="list-style-type: none"> <input type="checkbox"/> Go to class on time, everyday, turn phone off and sit in front <input type="checkbox"/> Turn in all my homework assignments on time 	<ul style="list-style-type: none"> <input type="checkbox"/> Communicate with my teachers and develop a relationship with them <input type="checkbox"/> Do my own work at all times, my integrity is more important than my grades
IN COMMUNITY	<ul style="list-style-type: none"> <input type="checkbox"/> Only positives with social media, it's a reflection of this program <input type="checkbox"/> Be a role model for others and know I represent CC Softball at all times <input type="checkbox"/> Participate at volunteer events, to whom much is given, much is expected 	<ul style="list-style-type: none"> <input type="checkbox"/> Walk away from negative situations, stay in control of myself at all times <input type="checkbox"/> Eat with my accountability partner at least once a week <input type="checkbox"/> Maintain eye contact in communication.
IN CONDITIONING	<ul style="list-style-type: none"> <input type="checkbox"/> Follow, trust and commit to plan, track weights, work towards S&C chart <input type="checkbox"/> Always GET BIG! Carry yourself with confidence <input type="checkbox"/> Be proactive w/ prehab, rehab, foam roll, ice bath, stretch, yoga, hydration 	<ul style="list-style-type: none"> <input type="checkbox"/> Read Cain's Monday Mental Conditioning Message E-Mail <input type="checkbox"/> Read one page a day of Cain's The Daily Dominator and take notes <input type="checkbox"/> Review my Cougar Mission Start, Stop, Continue for each week.

