

T.E.A.M.

Nike South Invitational September 30, 2023



Bear Branch Sports Park 5205 Research Forest Drive, The Woodlands, TX

Schedule

5:10 - Depart from Seven Lakes

7:15am Var Elite Men Arjun, Lucas, Chris, Sam, Matt, Grayson, Hudson,

7:45am Var Elite Women: Kingsley, Nicole, Savannah, Regina

8:15am Var Red Men Hrehan, Zaza, Jose, Enzo, Trevor, Keegan, Reilly

8:45am Var Green Men Albert, Alberto, Eze, Jack C, Edwin, Evan, Paxton

9:15am Var White Men Agustin, Ethan B, Jackson, Dane, Sam TM, Ethan W

9:45am Var Red Women

10:15am Var Green Women

10:45am Var White Women

11:15am JV Red Men Michael, Richard, Jordan, Sam L, Shawn, Sreejit, Kaden,

11:45am JV Green Men Kai, Ishan, Nathan, Emmanuel, Boxuan

Plan A (Gold medal plan):

Plan B (Silver medal plan):

Plan C (Bronze medal plan):

Check List

Socks are options, mini

Spikes-make sure spikes are in descent shape/right size

Uniform

Running shoes

Bottles of water

Bottles of sports drink

Light & nutritious snacks

Meal, not just snacks

Spartan T-shirt/shorts

Backpack w/ two trash bags

Extra change of clothes & shoes

Watch

Logbook

Itinerary

Post Activity Student Release

Post Race Food-Drink

Do Evening Before

I AM ONLY ONE

I am only one, but I am one.
I can't do everything, but I can do something.
And what I can do, I ought to do.
And what I ought to do, I Shall do

P.R.I.D.E.

TEN ATTRIBUTES OF A CHAMPION LEADER

1. Champion leaders have a successful vision for their team and stay enthusiastic about achieving and maintaining it.
2. Champion leaders always share credit and accept blame. Great leaders believe in inviting feedback from other than resenting it.
3. Champion leaders have a strong sense of confidence and optimism about what they are doing and stay calm and in control during moments of crises. All athletes need to know there is hope, and they will look to team leaders as well as coaches for positive cues.
4. Champion leaders take an interest in the person wearing the uniform, not just their athletic performance during the competition.
5. Champion leaders respect and appreciate their role as well as the role of others. Leading a team is not a solitary endeavor. It takes time, effort, and commitment by all. Be vocal, for example, in thanking your parents for their devotion to getting you to practice and meets.
6. Champion leaders realize that their impact goes beyond their athletic performance; lead by example, on and off the field.
7. Champion leaders hold everyone, including themselves, accountable for on-field and off-field behavior.
8. Champion leaders learn to adapt to any situation that arises and try to use a style that will achieve the desired outcome. Sometimes a situation calls for a pat on the back, and sometimes a firm reminder would be more effective.
9. Champion leaders share in the team's sacrifices and hardships by never asking others to do what they are unwilling to do.
10. Champion leaders do the right thing, even when it isn't easy or popular.