



D.C. Express Development/Competitive Program

The Program is an **INVESTMENT**.

The Program is a **Teaching/Learning Experience**.

The Program involves the **Athlete/Parents/Coaches**.

The Program colors are **Royal Blue and Gold**.

The Program attitude is **“Building on Quality”**.

The Program tradition is **Being Competitive at All Regional and National Championships**.

Your responsibility to the Program; **Be the Best That You Can Be**.

Your Development will be a measure of your individual progress, as related to your goals.

Your Development will be a measure of your progress through the training activities.

Your Development will be a measure of your adaptation of training activities to competitive events;

- Competition **IS A** measure of your individual progress, as related to your specific goal(s).
- Competition **IS NOT** related to winning or losing an event.
- Competition is a measure of your **ABILITY TO COMPETE** at some level of success that will encourage your continued participation.

Your Development will be a measure of your progress as a **COMPETITIVE** track and/or field student-athlete.