

2017-2018 Varsity Vision Pyramid

Vision - *These values are who we are - it's our style of achieving these goals*

Teamwork
Communication
Value equipment
Punctuality and presence
Time = Water Time
Relationships
Working hard - Do it!
Postivity
Being a student
Resilience
Trust
Respect
Safety
Growth mindset

Goals - *This is what we want to achieve*

Top 50% @ HOSR

Closer as a team

90% GPA

Be your best self

Top 5 @ States

Time management

Prepare for SATs

Strong performance regardless of results

Be on top of mental health

Top 40% @ SIS

Go to Nationals

80% on the regents tests

PR on 2k

Build core strength

Develop self care routine

Be on top of nutrition and its effect on training

<p>Training - <i>This will help us achieve goals</i></p> <p>Run Circuits Relay @ end of every erg workout Swole Saturdays Track your own progress each week</p>	<p>Expectations - <i>This will help us accountable for meeting our goals</i></p> <p>Put our ALL into everything we do Be mature Address problems to the person, keep team out of it Be prepared - clothes, water, be GAME Failure is part of the process Set up before and after practice Grab onto every opportunity Focus on YOUR row Healthy competition Your progress is YOUR progress Respect teammates Don't abuse social media Value coxswains Trust coaches</p>	<p>Community - <i>This will help the team achieve these goals</i></p> <p>Train together outside of practice PVB Quote of the week Planning events/trips - collab with YLT, team lunch, fundraising events Motivate each other Boat hands Support Bigs/Littles</p>
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