

Cleveland Track & Field

Philosophy: "Winning is not everything, but wanting to win is."

Leadership: Every great team has successful people at the top setting an example. They also have others following that example.

Teamwork: To develop a championship team, we must care about one another. Track is not an individual sport therefore we can accomplish more when we have the support of others.

Motivation: Set goals, go after them and don't be afraid to take risks.

Discipline: Do what has to be done, when it has to be done, as well as it can be done and do it that way all the time.

Dedication: There is no substitute for hard work.

Courage: If you are afraid to take risks, you probably won't accomplish much.