

# *Athletes...* **Ten Commandments**

- 1 ~ SHOW RESPECT TO YOUR OPPONENT BY PREPARING AT A HIGH LEVEL... 'MENTALLY' AS WELL AS PHYSICALLY; BE VERY FAMILIAR WITH WHOM YOU'RE COMPETING AGAINST!**
- 2 ~ ALWAYS OUT-WORK YOUR OPPONENT; IF YOU EXCEL BEYOND YOUR LIMITS WHILE PREPARING, CHANCES ARE YOU'LL OUT-PLAY THEM!**
- 3 ~ NEVER SOLELY RELY ON THE THINGS YOU EXCEL IN; FOCUS ON IMPROVING THE WEAK PART OF YOUR GAME TO BETTER YOUR CHANCE IN BECOMING 'A FORCE TO BE RECKONED WITH'!**
- 4 ~ NEVER CUT CORNERS; KNOW THAT DUES WILL BE PAID.. ONE WAY OR ANOTHER,.. SO MAKE SURE YOU CONTROL THE END RESULT WITH A 'LEAVE NO STONE UNTURNED' MENTALITY!**
- 5 ~ BAD PREPARATION WILL LIKELY RESULT IN BAD PERFORMANCE & OUTCOME!**
- 6 ~ A JOURNEY TO SUCCESS IS SUPPOSED TO BE HARD,.. IF IT WERE EASY, EVERYONE WOULD BE WINNERS!**
- 7 ~ ALWAYS LEAD BY EXAMPLE,.. "WHAT YOU DO, SPEAKS SO WELL, NO ONE NEEDS TO HEAR WHAT YOU HAVE TO SAY!"**
- 8 ~ ALWAYS GIVE RESPECT, SUPPORT & ENCOURAGEMENT TO YOUR TEAMMATES, COACHES AND THE PROGRAM... IN THAT ORDER!**
- 9 ~ YOU'LL GET OUT OF YOUR BODY WHAT YOU PUT INTO IT... LIVE AN OVERALL HEALTHY LIFE-STYLE.**
- 10 ~ GENUINE HUMILITY (BEING HUMBLE) ALONG WITH A RELENTLESS MENTALITY IN EVERYTHING YOU DO (BEING HUNGRY) IS THE BEST FORM OF BEING AN AMBASSADOR FOR ALL THE INDIVIDUALS WHO HELPED YOU ALONG THE WAY,.. ALONG WITH THE INDIVIDUALS WHO VIEWS YOU AS A 'ROLE MODEL'... IT'S THE BEST WAY OF PAYING IT FORWARD!**