

Athletes... **10 Commandments**

- 1- **S**HOW 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- **A**LWAYS OUT-WORK YOUR OPPONENT; IF YOU EXCEL BEYOND YOUR LIMITS WHILE PREPARING, CHANCES ARE YOU'LL OUT-PLAY THEM!
- 3- **N**EVER SOLELY RELY ON THE THINGS YOU EXCEL IN; FOCUS ON IMPROVING THE WEAK PART OF YOUR GAME TO BETTER YOUR CHANCE IN BECOMING... 'UNSTOPPABLE'.
- 4- **N**EVER 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 UN-TURNED' MENTALITY!
- 5- **B**AD PREPARATION WILL ALWAYS RESULT IN BAD PERFORMANCE & OUTCOME!
- 6- **A** JOURNEY TO SUCCESS IS SUPPOSED TO BE HARD,.. IF IT WERE EASY, EVERYONE WOULD BE WINNERS!
- 7- **A**LWAYS LEAD BY EXAMPLE,.. "WHAT YOU DO, SPEAKS SO WELL, NO ONE NEEDS TO HEAR WHAT YOU HAVE TO SAY!"
- 8- **A**LWAYS GIVE RESPECT, SUPPORT & ENCOURAGEMENT TO YOUR TEAMMATES, COACHES AND THE PROGRAM... IN THAT ORDER!
- 9- **Y**OU'LL GET OUT OF YOUR BODY WHAT YOU PUT INTO IT.... LIVE AN OVERALL HEALTHY LIFE-STYLE.
- 10- **G**ENUINE 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!