



## Are you IN or are you OUT?

### IN?

1. Team always comes first
2. Defend like a warrior
3. Love teammates like sisters/brothers
4. Never, EVER quit
5. Come to practice as if it was the best part of your day
6. Take ownership of the team
  
7. How can I help the team
8. Play at HOME as if you're protecting your FAMILY,

### OUT?

Individuals come first  
Defending is for my teammates  
Friendship is only on the field  
Fair weather player  
Come to practice as if it was your job.  
it isn't my job to score, defend etc....  
What's in it for me?  
What's the big deal?  
we don't get support

*"If you can't get off the field because you played to hard,  
I'll come on the field and carry you off"*

**LIVE THE GAME!**