

# The Woodland Way

## Program Standards

At practice, during competition and around the school and community... we are all about

### At practice I...

- am teachable
- embrace mistakes as opportunities for growth
- practice with a purpose



**GRIND**  
**RESPECT**  
**INTEGRITY**  
**TEAM**



### During games I...

- play all out, all the time
- trust in my training (earned confidence)
- am engaged and in the moment
- play fearless
- own my actions

### At school and around the community I...

- lead by example
- am a STUDENT-athlete
- thrive by lifting others

*Woodland Athletics strives to maximize the potential of our athletes and programs through a constant emphasis on effort, attitude, growth - and living by the Woodland Way.*