

CORE VALUES

1. **Being “good” people:** We defined “good” person as someone who is honest, respectful, and treats people with caring and love. We will form healthy working relationships with each member of the guard.

HOW WILL WE DO THIS?

- *Be on time
- *Don’t laugh at others’ mistakes
- *No backstabbing or gossip
- *“Help” without being asked
- *No cliques - talk to everyone
- *Team building exercises
- *Give/receive constructive criticism
- *Listen more than we talk
- *Genuine positive feedback
- *Positive ATTITUDE at all times

2. **Having “fun”:** We define “fun” as having a good time, laughing, and use of humor during rehearsals, but at the same time, maintaining focus on our job and work ethic so we continue to achieve to our highest potential.

HOW WILL WE DO THIS?

- *Taking time to give positive feedback
- *Bring snacks to share
- *Learn how to focus ourselves and pay attention
- *Share and chat on breaks
- *Build confidence within the group (individual praise)

3. **Becoming “friends”:** We define “friends” as people we like to be around, people who accept us for who we are, and people who communicate with each other in healthy ways. We will help each other on and off the field and grow with each other, emphasizing our strengths and improving our weaknesses.

HOW WILL WE DO THIS?

- *Communicate outside of guard— call, email, and talk at school
- *Guard parties— sleepovers, pizza, beach, mall
- *Admit our mistakes and make it right
- *Talk about our problems and resolve them before or after rehearsal
- *Do regular “mood checks” before rehearsal starts
- *Modesty and humble nature, not critical or boastful

4. **Practice and perform “our best”:** We define “our best” as working toward a technically clean and emotionally moving performance. We will perform the way we practice, so it is critical to improve each time we rehearse and to give 100% at every practice.

HOW WILL WE DO THIS?

- *Regular individual practice that is focused on improving weak areas
- *Sectionals within our ranks
- *Clearing our minds before rehearsal to keep focused and coming prepared
- *Practicing mindfulness and breathing techniques
- *Keeping a positive attitude, even if you have to “act enthusiastic”
- *Being responsible and asking instructors/captains for extra help