

## **THE PANTHER WAY**

Jeremy Kerg Activities Director

### **VISION**

Be an athletic community respected by others as a model of excellence in student character, commitment, and competitiveness as defined in the Panther Way.

### **MISSION**

To prepare our student athletes with fundamental athletic skills, exceptional character, strength & conditioning, academic motivation, and knowledge needed to represent the Panther community with honor in local and state athletic contests.

**Character** – Live up to the 12 Guiding Principles

1. Respect – a feeling of admiration towards someone or thing
2. Compassion – a feeling of empathy towards others
3. Adaptability – The ability to change with the environment or situation
4. Honesty – integrity, truthfulness, and straightforwardness
5. Trustworthy – able to be relied on as honest and truthful
6. Loyalty – a faithful devotion to.....
7. Responsibility – acknowledgement of being the person who caused something to happen
8. Contemplation – looking thoughtfully at something over time
9. Initiative – the power to take charge before others do.
10. Perseverance – doing something despite difficulty or delay in achievement
11. Optimism – a positive mental attitude or thought
12. Courage – not the absence of fear, but the management of fear

**Commitment** – A state of being dedicated to a cause

1. Commit to Character
2. Commit to Academics
3. Commit to your personal health and making good choices
4. Commit to the team and being a great teammate/schoolmate
5. Commit to the SCC community
6. Commit to strength and conditioning
7. Commit to Success (where opportunity and preparation meet)
8. Commit to the PANTHER WAY!

**Compete** – Doing your best all the time / earn it through your actions and results

1. Compete to earn A's in your class by committing to learning
2. Compete socially by living a healthy, productive lifestyle, by saying no to drugs & Alcohol, and by following the rules.
3. Compete in strength and conditioning – a strong athlete is usually healthier, happier, and more productive for the team.
4. Compete to earn your position on a team – the longer you stay the harder it should get – the team will expect more out of seniors than freshmen – work in a constant state of improvement
5. Compete to earn a victory over an opposing team – We must properly prepare for each contest if we wish to have success. Our work ethic, character, and spirit must be higher than our opponent's.
6. Compete to win the Dunn St. Croix Conference!
7. Compete to win the State Championship!
8. Compete to build strong lasting interpersonal relationships with your teammates, coaches, schoolmates and the St. Croix Central Community!!