

Work Ethic: Level One

Training: The first thing that comes to mind about this key word or concept (may turn into one liners)

All you've got is all it takes

Hard work given times beats talent

You need it

Landmarks: (A point of literacy)

Work ethic: work-exact or completed labor(in xc or track-distances and times completed)

Ethic-set of personal rules or standards that you follow

Landmarks: 1. Doing things on your own

2. outworking previous levels

3. outworking teammates

4. outworking your opponents

5. working to a maximum-cross reference potential

6. stay that way- (it's harder to stay good that become good)

The Most Essential Things to Know about This Key Word or Component (core rules and others) by coaches, leaders, or your own rules) (and add pages as needed)

Never criticize someone who outworks you.

Hard work given times beats talent- or takes it to higher level

It makes you valuable to future employers

It drives your success (The Gift of Life)

Preface-Cross
Reference to: (From
or where used)

CDs- Consecutive Days- Resume☺

Proof of work ethic

Recap-Personally
where used by you,
the runner:- and a
short bleep on
how—add pages as
needed.

Every step of every run- every day!

Even if you're alone in the struggle,
work toward your goal everyday!

Lead the work ethic of your team.

Show them determination