



# Ephrata High School Athletics

## The Tiger Way



Core Values	Definition	Standards of Behavior
<b>DEDICATION</b>	Making a full investment in the task, training, and team.	<ul style="list-style-type: none"> <li>● Be coachable</li> <li>● Attend all team functions on time &amp; regularly</li> <li>● Doing extra work in season &amp; out of season</li> <li>● Strong academics</li> <li>● Playing multiple sports</li> </ul>
<b>COMPETITIVENESS</b>	Having a fierce and relentless will to win.	<ul style="list-style-type: none"> <li>● Outstanding effort in all situations</li> <li>● Compete to the end regardless of the outcome.</li> <li>● Compete in the classroom, practices and games</li> <li>● Control the controllables: Attitude, Concentration, Effort</li> <li>● No excuses or whining</li> </ul>
<b>INTEGRITY</b>	Doing the right thing because it is the right thing to do.	<ul style="list-style-type: none"> <li>● Follow the athletic code, team rules, school rules, etc.</li> <li>● Be honest &amp; loyal</li> <li>● Selflessness - put others first</li> <li>● Positive citizen and role model on &amp; off the field</li> <li>● Don't let your teammates and coaches down</li> </ul>
<b>RESPECT</b>	Treating others with dignity and consideration.	<ul style="list-style-type: none"> <li>● Respect teammates &amp; opponents</li> <li>● Respect officials, staff, coaches, parents, &amp; spectators</li> <li>● Quality sportsmanship win or lose</li> <li>● Create positive relationships on your team</li> <li>● Take care of facilities, buses, equipment, restaurants, etc.</li> </ul>
<b>PRIDE</b>	Being proud of who you are and who you represent.	<ul style="list-style-type: none"> <li>● Enjoy the moment &amp; the opportunity</li> <li>● Embrace the role you have on the team</li> <li>● Understand the EHS tradition of excellence</li> <li>● Represent your school, community, &amp; family well</li> <li>● Set your goals and standards high</li> </ul>