

## 12 Principles of CHS Women's Soccer



### **We Have a Growth Mindset**

Each year is a new season with a new team, but we must keep in mind that we are building a PROGRAM, our foundations must be strong and on focusing bettering the entirety of the program.



### **We Are Committed**

We have a strong loyalty to our team and always give our best effort to show up and put in 100%.



### **We Keep Balance in Our Lives**

Beyond soccer, we put effort into other areas of our lives that stimulate development of the individual.



### **We Keep Our Standards High – For Ourselves and Others**

We set realistic, but challenging goals for ourself and our team – and push ourselves and others to reach those goals. We strive to meet expectations out of respect to ourselves and teammates.



### **We Give Our All – and Then Some**

On and off the field we work until we're "doggone tired" in practices and in games. We know that the little extra effort is what wins games.



### **We Practice How We Want to Play**

We know that our games will be reflective of how we practiced, so we focus on proper technique, good efforts, and concentration during training.



### **We Put the Team First**

Even if it is not the first choice of the individual, we will be team players and put the needs of the team before our own, (of course injuries do not apply to this).



### **We Reflect on Our Success and on Our Shortcomings**

After practices and games we reflect on how we did well and areas that we can do better in, so that we can improve the next time.



### **We Always Keep a Positive Attitude**

On and off the field, we motivate our teammates and recognize their successes. When needed, we give constructive feedback with an optimistic outlook.



### **We Listen When Others Speak**

Respect when coaches and teammates are speaking and pay attention to what they say.



### **We Don't Complain**

No matter what we do: running, training, or studying the game, we do it with a smile on our face and without whining.



### **We Have Fun**

We do not forget that we play this sport because we ENJOY it and we keep our passion for the game alive. Appreciate and Respect the beautiful game.