

KEYS TO EXCELLENCE

1. **PMA** - Always believe you will be successful.
2. **ATTENDANCE** - Always be at practice on time.
3. **PREPARATION** - Practice with a purpose.
4. **SELF-DISCIPLINE** - Follow all training rules
5. **DESIRE TO IMPROVE** - Seek knowledge and superior skill.
6. **COMMITMENT** - Make sacrifices for the team.
7. **RESPECT OTHERS** - Be a good listener and embrace individual differences.
8. **LOYALTY** - Always speak about teammates and coaches in a positive manner.
9. **FOLLOW DIRECTIONS** - Listen to instructions.
10. **COURAGE** - Stand up for what is right.
11. **CHALLENGE YOURSELF** - Work to your full potential.
12. **PRIDE** - Be a winner on and off the field
13. **DESIRE** - Possess internal drive to do your best.
14. **TEAMWORK** - Cooperate knowing that together everyone achieves more.
15. **CLASS** - Respect others as you strive for excellence.
16. **PERSEVERANCE** - Never, ever give up.
17. **PERSISTANCE** - Be willing to bounce back from adversity.
18. **WORK** - Push yourself into peak condition and performance.
19. **STAY ALERT** - Eat healthy foods and get plenty of rest.
20. **HAVE FUN** - Learn to laugh at yourself and with others.

Just as the Iditarod Trail Committee publishes rules, regulations and expectations for the mushers, students and athletes need clear and concise expectations. Consider making a customized list for your classroom. It's important for students, athletes and parents to realize what you stand for and the type of commitment required to excel. These concepts can be duplicated on small cards for students. Students can rank themselves and set goals for themselves for personal improvement. This exercise also work with character words.