

# Core Values

## Accountability

- Being accountable for individual actions
- Being accountable for team performance
- Help maintain team enforced expectations

## Pride

- In the jersey
- In the history of the club
- In your next performance
- Representing yourself in a professional way on and off the field

## Fitness

- The highest levels of fitness are required
- Players understand that it is their responsibility to develop strength and fitness
- Players will participate in all club fitness sessions unless an injury prevents it

## Belief / Attitude

- Belief in your team mates
- Belief in your performance
- Belief that we can beat anyone
- Carry a cool confidence onto the field

## Team Integration and Mentorship

- Welcome new players
- Encourage players to participate and learn
- Teach and share skills to team mates when appropriate
- Lead by example