

 TITANS TRACK & FIELD		<h1>PEMBROKE TITANS TRACK & FIELD</h1>	
VISION		Building Champions For Life	
GOALS		Individual Improvement, Patriot League Championship, MIAA Divisional Championship	
TITAN PRINCIPLES	PASSION	Be all in. Be a student of the sport. Love what you do.	
	ATTITUDE	Be an energy giver. Lead by example.	
	COMMITMENT	Take ownership. Be there. Be on time.	
	TOUGHNESS	Get comfortable with being uncomfortable.	
	PREPARED	Proper Preparation Prevents Poor Performances.	
	EXCELLENCE	Compete at a high level on and off the track.	
	SELFLESS	Willing to sacrifice for what is best for the team.	
	ACCOUNTABILITY	Do what we say we will. Hold each other to high standards.	
THE TITAN WAY		<i>The mission of Titans TC is to help develop student athletes through hard work, commitment and overcoming hurdles. Titans TC athletes have a passion for track and field that is on display each and every practice. They are prepared, tough, and hold high expectations for themselves and thier teammates.</i> We are building champions for life.	
IN PRACTICE	We arrive on time to each & every practice	We do the little things	
	We are coachable and have a positive energy	We work hard even when nobody is watching	
IN MEETS	We are confident in the work we have done.	We have high expectations	
	We compete for our teammates	We display good sportsmanship	
IN SCHOOL	We are on time to school daily	We communicate and develop relationships with teachers	
	We complete our assignments on time	We have our phone off and are respectful in class	
IN LIFE	We communicate effectively	We have a healthy lifestlye free from hazardous substances	
	We eat healthy and get adequate sleep	We are positive on social media	