

BARTRAM TRAIL CHEERLEADING

WHICH ARE YOU?

Things that drain a team ...

- Criticizing
- Blaming
- Complaining
- Selfishness
- Jealousy
- Apathy

Things that fuel a team ...

- Passion
- Encouragement
- Trust
- Commitment
- Competition
- Enthusiasm

INTEGRITY

Do what's right, legally, and morally. Integrity is a quality you develop by adhering to moral principles. As your integrity grows, so does the trust others place in you. The more choices you make based on integrity, the more this highly prized value will affect your relationships with family, friends, coaches, and, finally, the fundamental acceptance of yourself.

LOYALTY

Bearing true faith and allegiance is a matter of believing in and devoting yourself to something or someone. A loyal teammate is one who supports the leadership and stands up for fellow teammates. By wearing the Bartram Trail uniform, you are expressing your loyalty.

DUTY

Fulfill your obligations. Doing your duty means more than carrying out your assigned tasks. Duty means being able to accomplish tasks as part of a team. You fulfill your obligations as a part of the team every time you resist the temptation to take "shortcuts" that might undermine the integrity of the final product.

RESPECT

Treat people as they should be treated. Respect is what allows us to appreciate the best in other people. Respect is trusting that all people have done their jobs and fulfilled their duty. And self-respect is a vital ingredient, which results from knowing you have put forth your best effort. We are one team and each of us has something to contribute.

SELFLESSNESS

Put the welfare of team before your own without thought of recognition or gain. Selfless service is larger than just one person. The basic building block of selfless service is the commitment of each team member to go a little further, endure a little longer, and look a little closer to see how he or she can add to the effort.