

The Spartan Philosophy

All athletes are expected to bring **THREE THINGS TO EVERY PRACTICE:**

A Desire to EXCEL

POSITIVE Attitude

HONESTY

All athletes will know and learn to follow the **FIVE KEY QOUTES:**

GOAL ORIENTED People Find a Way

Go with GOAL ORIENTED People

Extra Effort is the KEY to SUCCESS

Don't Waste a HEARTBEAT

Everyday is a Great Day

All athletes will learn to do **THREE THINGS YOU DO WITH ANY GOAL** they may have:

Get Excited

Make a Commitment

Stay with it

All athletes will need to have the **FOUR BASICS** to do the training successfully:

Listen

Think

Do things on Your Own

Follow the Basic Rules and Structures

All athletes will need to follow the **FIVE RUNNING BASICS:**

You are here to RUN

You are here to RUN FASTER

You are here to train on YOUR OWN

You are here to seek out KEY EXPERIENCES

You are here to be a TRAINING LEADER!

Alma Mater

Sacred are these halls of learning

Wisdom taught with honor true

Loyalty for hallowed values

Striving to pursue

Seven Lakes is our fortress

Save from battles new

We shall stand and face our future

Orange and True Blue

Fight Song

Fight on for honored Seven Lakes high

Fight on for victory!

We are with you in every way

No matter what the goal may be!

Onward for sparta noble and true Pride in everything you do!

And so we'll fight, for, victory And we will win the day!