

# CALGARY OLYMPIC TRACK CLUB

## Mission Statement

The goal of the Calgary Olympic Track Club is to fully support the efforts of dedicated athletes striving to realize their full potential in the sport of track & field.

## Vision Statement

To promote personal development through Athletics.

## Values

1. **Commitment:** Dedicated to the sport and the club, while striving for excellence in everything that we do.
2. **Optimism:** Resolved to have a positive attitude towards training, competition and life.
3. **Tenacity:** Determined to succeed and to never give up.
4. **Courage:** Firmly committed to confronting and overcoming adversity, pain and fear.

In addition to these four core values, COTC athletes are expected to maintain healthy lifestyles, win with humility, lose with dignity, respect opponents, coaches and officials, and always practice good sportsmanship.

## Coaching Philosophy

The club's coaches are primarily concerned with the physical, psychological, and social development of athletes. We do not define success or failure in terms of winning and losing. Of course, we recognize that competition, by definition, involves the attempt to defeat an opponent; but we believe that winning is not nearly as important as how you play the game. The athlete who tries hard, plays fairly, and demonstrates good sportsmanship is always a winner. We measure success far more by the effort expended and the degree of personal improvement than by the place in which an athlete finishes.

Success in athletics requires commitment and discipline. We expect all athletes under our leadership to be ready to make the required commitment and to work toward becoming disciplined athletes. They should have a strong desire to improve their physical performance, and to achieve optimum health and fitness.