

The OHANA Concept

Family

- Get to know your teammates
- Go out of your way to help your teammates
- Give positive feedback to your teammates
- Resolve conflicts w/ teammates quickly
- Negativism and positivism are highly contagious
- Communicate clearly, honestly and openly

Attitude

- Be humble
- Give 100% in practice and work hard at all times
- Be responsible
- Be trustworthy
- Courage, determination and resolve will help us face our fear - be a warrior
- Have fun

Teamwork

- Everyone is a team player whether they know it or not, in cross-country, school, work, family, life
- Teamwork does not appear magically just because we talk about it, we must work and be conscious of our goal
- Team members are *in* or *out*, there are no *in-betweens*
- Sacrifice for the benefit of the whole