



EXPECTATIONS OF A NORTH PITTSBURGH CATHOLIC IRONMAN

HONOR THE FOUR PILLARS OF THE PROGRAM:

GOD

FAMILY

SCHOOL

IRONMEN

IT'S NOT ABOUT ME!

YOU WERE PUT ON THIS EARTH TO SERVE OTHERS, NOT TO BE SERVED!

BE WILLING TO SACRIFICE WHEN OTHERS ARE NOT!

PLAY FOR YOUR TEAMMATES!

RESPECT OTHERS!

ENCOURAGE YOUR TEAMMATES!

LISTEN TO YOUR COACHES!

LASER FOCUS IN PRACTICE AND GAMES!

STAY HUMBLE, STAY HUNGRY!

PLAY WITH URGENCY AND PURPOSE!

MOVE THE CHAINS: GET BETTER EVERY MINUTE OF PRACTICE!

POSITIVE ATTITUDE IN EVERYTHING YOU DO!

ASK QUESTIONS!

LEARN FROM YOUR MISTAKES!

MY JOB TO GROW UP AND BE A MAN IS NON-NEGOTIABLE!

**REALIZE THAT FOOTBALL WILL END ONE DAY BUT IT IS NOTHING MORE THAN A VEHICLE TO A GREATER
PURPOSE: LIFE!!!!!!!!!!**