



## **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!!!!!!!!!!**