



Burning River Lacrosse's Core Values and Covenant

The Ethos of the Team

That spirit which inspires athletes to compete. It derives from, and depends upon, the high degrees of commitment, self-sacrifice and mutual trust which together are so essential to the maintenance of morale.

The Values of the Burning River Lacrosse Team

- **Integrity:** to earn the respect and **trust** of your teammates. Integrity is a quality you develop by adhering to moral principles. It requires that you do and say nothing that deceives others. As your integrity grows, so does the trust others place in you.
- **Intentness:** to be persistent or determined, the ability to resist temptation and distraction. An intent person will stay the course and go the distance. He will concentrate on objectives with determination, stamina and resolve. Intentness is the quality that won't permit us to quit or give up.
- **Industriousness:** Steady attention and effort as to one's goals. There is no substitute for hard work. Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.
- **Selflessness:** to put others before yourself. The commitment of each team member to go a little further, endure a little longer, and look a little closer to see how he can add to the effort.
- **Reliability:** to maintain the highest standards and to do what is right, so that others can rely on you. "If you say you have done something, you have really done it; if you say you will do something, you will do it."

Team Covenant

Teammates are bound by their commitment and selflessness to each other. The nature of that commitment is inherently unequal: some teammates may have to give more effort than they receive recognition. Ultimately, they may be called upon to make personal sacrifices for the betterment of the team. In putting the needs of the team and others before their own, they forgo some of the rights and recognition enjoyed by others. So, at the very least, these teammates should always expect the rest of the team and their coaches to treat them fairly, to value and respect their efforts and to sustain and reward them. This mutual obligation forms the Team Covenant and is binding in every circumstance.

I Promise

- **To Be A Man For Others**

- To Have An Attitude Of Gratitude While Positively Impacting Others

- **To Choose Team Over Self**

- To go further and endure longer so I can add to the team effort

- **To Take Responsibility For My Actions And Inactions**

- No Excuses And No Regrets

- **To Play With Great Intensity And Finish Every Play**

- To go after my goals with determination, stamina and resolve.

- **To Never Let My Teammates Down**

- To maintain the highest standards and to do what is right, so that others can rely on me

Integrity, Industriousness, Intentness