

RPH Track & Field Mission Statement

Maximize every person's ability within our program personally and athletically. Graduate the hardest working, toughest, most loyal unselfish people. The people who consistently choose to do the right thing. Create memories and relationships that last a lifetime. Teach these character traits: self-awareness, selfless, loyal, passionate, resilient. We build people, and these people build our team and program. We strive to build champions for life.

Purpose

- Make T&F an enjoyable, rewarding experience
- Help each athlete develop as a complete human being - physically, mentally, and emotionally
- Develop leaders and promote student-athletes to live with high character
- Help promote self-image of each athlete
- Promote T&F at all ability levels
- Recognize and foster the principles that individual improvement of each athlete is key to team improvement
- Demonstrate and encourage good sportsmanship
- Foster the concept of pride in hard work
- Implement a variety of training methods (intervals, hill training, drills, strength training)