

## THE SPARTAN CODE

1. A Spartan is a super athlete who is tough--mentally, physically, and competitively. You will remember that in ancient Sparta, newborn babies were put out all night exposed to the elements. Those who survived were SPARTANS. We, here at Castro Valley, are never beaten by a man's reputation or newspaper clippings. First place belongs to us and we will fight to the death anyone who wants to dispute this.
2. A Spartan wants to be a champion--thinks like a champion--and, in the end, will be a champion.
3. A Spartan puts the team above his personal desires. He knows the meaning of sacrifice and will do nothing and say nothing that will detract from the team effort.
4. A Spartan sets his goals very high and does everything possible to achieve them.
5. A Spartan never admits to pain or hard work. If we have to hurt to achieve our goals, we will hurt and enjoy doing what our opponents fear to do.
6. A Spartan is an honorable man. He pays his debts, keeps his word, and obeys his superiors. He would never break the training code, cheat, or take anything belonging to a friend or foe.
7. A Spartan has a winning attitude. We follow the adage "be good losers, but don't lose." All year he prepares himself mentally and physically for battle and is ready when the contest comes. He is ready!!
8. A Spartan has courage. If the score is 100 to 0 against us, we will never stop fighting. We love competition and should we come up short, it will only be an inspiration to eliminate our shortcomings.
9. A Spartan can call on his tremendous hidden reserves which will cause him to arise to any occasion and perform better than his best if he has to. He will give everything he has if the occasion demands it.
10. A Spartan has poise; and crowds, fears and competition will never bother him. He has the ability to relax under pressure because he is confident and taught to do this in practice.
11. A Spartan has more than common sense intelligence. He might do odd things but never stupid ones. He keeps up in his studies, attends his classes and would never think of being unexcused from the practice field. He studies his event and constantly strives to excel.
12. A Spartan is loyal to his coaches. If he has any gripes or problems, the coaches' door is always open and it will be the duty of the coaches to drop everything to go to the aid of a man in distress or need.
13. A Spartan will remember this code and practice it. A Spartan team is made up of true Spartans. We hope you will be one.