



Life *of an* Athlete

WELLINGTON

CRUSADER COMMITTED

Developing great athletes through training, diet & nutrition, adequate sleep, and abstinence from substance use.

LIFE OF AN ATHLETE (LoA)

program identifies and works with all aspects of high school athletics, including coaches, athletic directors, administrators, parents, communities, prevention professionals and athletes themselves with a proactive approach to athletic participation. The program focuses on athletes but will impact on all segments of the school and community.



LIFE OF AN ATHLETE - "CODE NIGHT"

SUNDAY AUG. 16TH 2015
WELLINGTON HIGH SCHOOL

DINNER SERVED AT 6:00PM
PROGRAM BEGINS AT 7:00PM

GUEST SPEAKER: MARK CODY
HEAD WRESTLING COACH OKLAHOMA UNIVERSITY

"ALL" 2015-2016 CRUSADER ATHLETES MUST ATTEND
TO SIGN MANDATORY CODE OF CONDUCT