**What does CAT mean?**

Challenge

Appreciate

Trust

* Yourself, your coaches and everyone around you to be the very best version we can be; each and every day.
* Your definition of possible, every day brings with it new opportunities for your success.
* Your status quo, the bar is ever as high as YOU make it to be.
* The opportunity to redefine yourself
* The history of the program and your place in it
* The effort required in all tasks, great and minor
* The GRIND
* The sacrifices necessary; large and small; to reach your GOALS
* The Process
* The Training and your coaches
* In your teammates
* In YOURSELF
* That greatness lies within you