

# HC LARKS

HESSTON COLLEGE



HESSTON COLLEGE  
**ATHLETICS**  
CORE COVENANTS







## HESSTON COLLEGE ATHLETICS CORE COVENANTS

Hesston College Athletics adheres to four core covenants that are the foundation for every Hesston College team, student-athlete, coach, administrators and support staff members. These core covenants are principles that every member of the athletic program commits to visibly demonstrate as they represent Hesston College as a Lark, and extend beyond the playing field or court and into life as a student, leader, member of the Hesston College community and beyond.

- **ACCOUNTABILITY**
- **JOY**
- **ENGAGEMENT**
- **COMMUNITY**





# COACHES

	ACCOUNTABILITY	JOY	ENGAGEMENT	COMMUNITY
RECRUITING	<ul style="list-style-type: none"> <li>• Connect with recruits as well as high school and club coaches.</li> <li>• Meet or exceed roster expectations.</li> <li>• Highlight the mission of Hesston College.</li> <li>• Address Hesston College's institutional, academic and athletic expectations.</li> </ul>	<ul style="list-style-type: none"> <li>• Be passionate.</li> <li>• Communicate Hesston College's mission and values.</li> </ul>	<ul style="list-style-type: none"> <li>• Practice timely and transparent communication concerning financial and recruit status.</li> <li>• Maintain consistent contact with recruits.</li> </ul>	<ul style="list-style-type: none"> <li>• Embrace and accent diversity.</li> <li>• Recruit student-athletes who will participate in the Hesston College community.</li> </ul>
CLASSROOM	<ul style="list-style-type: none"> <li>• Prepare a plan for successful student-athlete academic performance.</li> <li>• Monitor class and chapel attendance.</li> <li>• Support instructors.</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrate academic success of student-athletes.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop plans for improving student-athlete academic performance.</li> <li>• Be flexible with academic/ athletic scheduling conflicts.</li> </ul>	<ul style="list-style-type: none"> <li>• Promote a positive academic culture.</li> <li>• Attend faculty meetings when possible.</li> </ul>
CAMPUS LIFE	<ul style="list-style-type: none"> <li>• Cultivate a team culture that enhances campus life.</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrate the work of other departments.</li> <li>• Thank others for their support.</li> </ul>	<ul style="list-style-type: none"> <li>• Be involved in events outside of athletics.</li> <li>• Be a visible presence on campus.</li> <li>• Attend chapel as often as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Volunteer with organizations on campus.</li> </ul>
SPORT	<ul style="list-style-type: none"> <li>• Provide detailed plans for in/out of season training.</li> <li>• Supervise staff.</li> <li>• Take pride in the upkeep of facilities.</li> <li>• Show commitment to continuous improvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a positive and competitive environment.</li> </ul>	<ul style="list-style-type: none"> <li>• Form relationships with all student-athletes.</li> </ul>	<ul style="list-style-type: none"> <li>• Value every student-athlete as a person.</li> </ul>
OFF-CAMPUS COMMUNITY	<ul style="list-style-type: none"> <li>• Represent Hesston College positively.</li> <li>• Help create a positive social media footprint.</li> </ul>	<ul style="list-style-type: none"> <li>• Model/have passion for Hesston College and our athletic programs.</li> </ul>	<ul style="list-style-type: none"> <li>• Build relationships within the community.</li> <li>• Connect with other coaches.</li> <li>• Be seen.</li> </ul>	<ul style="list-style-type: none"> <li>• Attend local sporting events.</li> <li>• Work/talk to local athletic teams.</li> </ul>



# STUDENT-ATHLETES

	ACCOUNTABILITY	JOY	ENGAGEMENT	COMMUNITY
RECRUITING	<ul style="list-style-type: none"> <li>Identify prospective recruits.</li> <li>Connect with and assist recruits on campus visits and follow up after the visit.</li> </ul>	<ul style="list-style-type: none"> <li>Show excitement and passion for sport and program.</li> <li>Communicate honestly about the Hesston Experience.</li> </ul>	<ul style="list-style-type: none"> <li>Host recruits on campus.</li> <li>Participate in the recruiting process.</li> <li>Follow up with recruits after the visit.</li> </ul>	<ul style="list-style-type: none"> <li>Communicate and represent a positive image.</li> <li>Be welcoming.</li> <li>Provide honest feedback to coaches.</li> </ul>
CLASSROOM	<ul style="list-style-type: none"> <li>Be present!</li> <li>Take advantage of resources.</li> <li>Demonstrate proactive communication with instructors on missed classes.</li> <li>Encourage others to pursue academic excellence.</li> </ul>	<ul style="list-style-type: none"> <li>Explore academic areas of interest.</li> <li>Demonstrate a desire to attend classes and other class-related events.</li> <li>Share personal perspective, and value that of others.</li> </ul>	<ul style="list-style-type: none"> <li>Compete in the classroom as on the field or court.</li> <li>Go to class.</li> <li>Manage time effectively.</li> <li>Seek to understand and engage academic material.</li> </ul>	<ul style="list-style-type: none"> <li>Seek and develop relationships with faculty, staff and fellow students.</li> </ul>
CAMPUS LIFE	<ul style="list-style-type: none"> <li>Be a positive contributor to campus life.</li> <li>Respect campus community standards.</li> </ul>	<ul style="list-style-type: none"> <li>Celebrate the success of others.</li> <li>Embrace the Hesston Experience</li> </ul>	<ul style="list-style-type: none"> <li>Engage in mod life.</li> <li>Attend chapel and campus events.</li> </ul>	<ul style="list-style-type: none"> <li>Embrace the diversity of campus.</li> <li>Contribute to the broader campus.</li> </ul>
SPORT	<ul style="list-style-type: none"> <li>Bring your best every day.</li> <li>Embrace adversity.</li> <li>Commit to developing a healthy team chemistry.</li> </ul>	<ul style="list-style-type: none"> <li>Enjoy the process.</li> <li>Uplift teammates.</li> </ul>	<ul style="list-style-type: none"> <li>Accept team ownership and leadership.</li> </ul>	<ul style="list-style-type: none"> <li>Listen, and maintain open communication channels.</li> </ul>
OFF-CAMPUS COMMUNITY	<ul style="list-style-type: none"> <li>Be aware of and take seriously the impact you have on others.</li> <li>Be a great Hesston College ambassador.</li> <li>Share only positive social media posts.</li> </ul>	<ul style="list-style-type: none"> <li>Share the Hesston Experience.</li> <li>Show joy and enthusiasm in competition.</li> <li>Always give your best effort.</li> <li>Demonstrate love for your sport.</li> </ul>	<ul style="list-style-type: none"> <li>Have positive interactions with the community.</li> <li>Attend community service events.</li> </ul>	<ul style="list-style-type: none"> <li>Commit to service.</li> <li>Mentor youth.</li> </ul>



# ADMINISTRATORS

	ACCOUNTABILITY	JOY	ENGAGEMENT	COMMUNITY
RECRUITING	<ul style="list-style-type: none"> <li>• Meet with recruits when needed.</li> <li>• Provide recruitment training and rules education.</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrate successes.</li> <li>• Provide perspective.</li> </ul>	<ul style="list-style-type: none"> <li>• Meet with recruits as needed.</li> <li>• Counsel coaches on difficult decisions.</li> <li>• Ask questions and know what is going on.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage recruitment of student-athletes who represent well the mission and vision of Hesston College.</li> <li>• Cultivate a welcoming environment.</li> </ul>
CLASSROOM	<ul style="list-style-type: none"> <li>• Recognize and award academic excellence.</li> <li>• Set expectations.</li> <li>• Maintain relationships with faculty.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize excellence in the classroom.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop strong working relationships with faculty.</li> <li>• Meet with academic council once per semester.</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate with all groups.</li> <li>• Be accessible to help resolve issues as they arise.</li> </ul>
CAMPUS LIFE	<ul style="list-style-type: none"> <li>• Provide accountability for student-athlete integration.</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrate the success of other campus groups.</li> </ul>	<ul style="list-style-type: none"> <li>• Facilitate athletic engagement on campus.</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluate and facilitate campus life engagement of coaches and student-athletes.</li> </ul>
SPORT	<ul style="list-style-type: none"> <li>• Have professional event management.</li> <li>• Develop and maintain up keep of facilities.</li> <li>• Ensure athletic programs represent Hesston College mission.</li> </ul>	<ul style="list-style-type: none"> <li>• Reward effort.</li> <li>• Celebrate successes.</li> </ul>	<ul style="list-style-type: none"> <li>• Attend games.</li> <li>• Take interest in the lives of all within the athletic department.</li> <li>• Create an environment of care for all student-athletes.</li> </ul>	<ul style="list-style-type: none"> <li>• Host community members and alumni at Hesston College events.</li> </ul>
OFF-CAMPUS COMMUNITY	<ul style="list-style-type: none"> <li>• Create positive messages for Hesston College athletics.</li> <li>• Be a positive Hesston College ambassador.</li> </ul>	<ul style="list-style-type: none"> <li>• Promote positive Hesston College experiences.</li> <li>• Give great first impressions.</li> </ul>	<ul style="list-style-type: none"> <li>• Help facilitate meaningful relationships between Hesston athletics and the community.</li> </ul>	<ul style="list-style-type: none"> <li>• Attend community events.</li> <li>• Host community events.</li> </ul>



# SUPPORT STAFF

	ACCOUNTABILITY	JOY	ENGAGEMENT	COMMUNITY
RECRUITING	<ul style="list-style-type: none"> <li>• Be welcoming of student-athletes, prospective recruits and their families.</li> <li>• Maintain timely production of recruiting materials.</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate positive recruit experiences internally and externally.</li> </ul>	<ul style="list-style-type: none"> <li>• Be welcoming.</li> <li>• Greet recruits by name when they visit.</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain professional and welcoming communication after commitments are made.</li> </ul>
CLASSROOM	<ul style="list-style-type: none"> <li>• Assist student-athletes with missing classes.</li> </ul>	<ul style="list-style-type: none"> <li>• Share positive academic stories with the community.</li> </ul>	<ul style="list-style-type: none"> <li>• Help student-athletes connect and utilize academic resources.</li> </ul>	<ul style="list-style-type: none"> <li>• Build positive relationships with faculty.</li> </ul>
CAMPUS LIFE	<ul style="list-style-type: none"> <li>• Support other campus departments.</li> </ul>	<ul style="list-style-type: none"> <li>• Be helpful.</li> <li>• Celebrate the success of other campus groups.</li> </ul>	<ul style="list-style-type: none"> <li>• Connect with others across campus.</li> </ul>	<ul style="list-style-type: none"> <li>• Bring awareness of campus life events.</li> </ul>
SPORT	<ul style="list-style-type: none"> <li>• Provide expedient support in a professional manner.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize and share the value of Hesston College.</li> </ul>	<ul style="list-style-type: none"> <li>• Attend games.</li> <li>• Take interest in the lives of all within the athletic department.</li> <li>• Create an environment of care for all student-athletes.</li> </ul>	<ul style="list-style-type: none"> <li>• Host community members and alumni at Hesston College</li> </ul>
OFF-CAMPUS COMMUNITY	<ul style="list-style-type: none"> <li>• Create positive messages for Hesston College athletics.</li> <li>• Be a positive Hesston College ambassador.</li> </ul>	<ul style="list-style-type: none"> <li>• Promote positive Hesston College experiences.</li> <li>• Give great first impressions.</li> </ul>	<ul style="list-style-type: none"> <li>• Help facilitate meaningful relationships between Hesston athletics and the community.</li> </ul>	<ul style="list-style-type: none"> <li>• Attend community events.</li> <li>• Host community events.</li> </ul>



ACCOUNTABILITY • JOY • ENGAGEMENT • COMMUNITY