Princeton Tiger Performance is a values based model that utilizes athletics to educate student athletes on how to achieve, serve, and lead in all areas of life. Tiger Performance has three main areas of focus:

1. Creating an environment that will help optimize student-athletes physiological and psychological health.
2. Support coaches and student leaders in developing highly successful, positive team cultures centered on our core values.
3. Be a leader for the larger Princeton University community around health and wellbeing.

A true high performance model is values-based

- Values drives behaviors
- Behaviors in the moment define culture
- Team culture drives performance

CORE VALUES
Princeton Tiger Performance is built on the values of a winning tradition of education through athletics where student-athletes achieve, serve and lead. Every student-athlete can be a TIGER — in academic, athletic and social life by developing six core values:

Princeton Tiger Performance oversees or is the direct liaison to many areas of athletic performance. For more information please contact to Jason Gallucci, Director of Performance.