

Life Lessons for Athletes

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What is left after your athletic experience? **CHARACTER**

Want to improve your team? Improve your character.

TEACHABLE SPIRIT

Athletes

- Can take correction as a compliment (looks the coach in the eye, thank coach for feedback)
- Consistently seeking new information (listening when another player is being coached)
- Eagerness and joy in learning new skills

Non-Athletes

- Think they're too good to change
- Have excuses (officials, teammates, injury)

PRIDE

Athletes

- Shared joy of the inner circle
- Does not require or expect special treatment
- Sense of dignity
- Valuing the work and accomplishments of the team

Non-Athletes

- False sense of pride
- "Look at me" attitude

DISCIPLINE

Athletes

- Focused attention and effort
- Accepts and embraces discipline for the sake of the team
- Self-control on and off the field
- Doing what is right regardless of situation or what others might be doing

Non-Athletes

- Discipline is punishment in their eyes
- Have a temper or show frustration

ACCOUNTABILITY

Athletes

- Accepts responsibility for outcomes
- Problem solver
- Looks to self first when improvement is needed
- Personal accountability = increased trust

Non-Athletes

- Blame everything and everyone but themselves when things go wrong

MENTAL TOUGHNESS

Athletes

- Inner strength to control emotional responses and concentrate on what needs to be done in pressure situations (Recovery Ritual)
- Can stay positive, enthusiastic and confident no matter what (can't break their spirit)
- Loves the arena not the attention
- The perfectly disciplined will

Non-Athletes

- Get discouraged easily
- Allow failures from yesterday to interfere with today

INTEGRITY

Athletes

- Purity of intent – unshakable set of values
- Actions and beliefs are in alignment
- Being worthy of respect and honor
- You can adjust your principles to meet your actions or you can adjust your actions to meet your principles
- Your sense of honor is greater than any situation

Non-Athletes

- Willing to compromise his/her beliefs
- Will agree to things but then do whatever they want

How an Athlete Becomes a Respected Teammate

SELFLESSNESS

Athletes

- Put the team ahead of yourself
- Accept and fulfill role
- Don't let your teammates down
- Going from independence to interdependence
- Beware of "selective participants"

You never see a great team who's most talented player isn't their hardest worker!

Non-Athletes

- Selective participant:
 - o Absorbed in their own performance
 - o Blames
 - o Enjoy shortcuts and days off
 - o Only willing to do what is necessary to play
 - o Always have a reason to be late and leave early
 - o Tend to be injured during the most difficult part of practice