

# APPENDIX



- A. "WORD OF THE WEEK" EXAMPLES
- B. GRATITUDE EXAMPLES
- C. WAYS TO BE A BETTER TEAMMATE
- D. IDEAS FOR AFTER PRACTICE IMPROVEMENT
- E. SAMPLE GOAL SETTING
- F. RECOMMENDATIONS FOR BOOKS AND PODCASTS

## A. "WORD OF THE WEEK" EXAMPLES

- Consistency
- Gratitude
- Grit
- Positivity
- Presence

## B. GRATITUDE EXAMPLES

- Your health
- A safe place to sleep at night
- A support system
- A coach that cares
- Your team
- Faith
- Favorite teacher
- Favorite coach
- Your family
- Confidence

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## C. WAYS TO BE A BETTER TEAMMATE

- Get to know 1 teammate better each day. Ask them questions beyond your sport. What do they like to do outside of school? What goals do they have? Show a genuine care for them as a person and a teammate.
- Don't be an energy drainer. You have been around those teammates before who drain the energy right from the practice. Instead, make a conscious effort to create a positive energy.
- Be a “come with me” teammate. Encourage others to join you for an extra workout or to scout a team. Be the person who invites others to join in on your winning habits.
- Schedule a team building volunteer event. Team building events that are “fun” are great, but team building events that give back to the local community tend to bring teammates even closer together.
- Show your gratitude. Let your teammates know you are thankful for them, and that you see their hard work and dedication. A simple acknowledgement of appreciation can go a long way.

## D. IDEAS FOR AFTER PRACTICE IMPROVEMENT

- 30 minutes of yoga to increase flexibility and breath work.
- 1-mile timed run to increase cardiovascular endurance.
- 30 minutes of extra work focusing on a particular skill.
- 30 minutes of film study on your own game or an opponent.
- 15 minutes of guided visualization about a big game.

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## E. SAMPLE GOAL SETTING

Quality goals must be **specific** and have a **time frame**.

For example, at the end of the season (time), I want to have 10 tackles for a loss (specific).

## GOALS FOR TODAY'S PRACTICE

- Focus on my footwork on 5 step drop. (Football)
- Handfighting before attacking. (Wrestling)
- Approach to the net footwork. (Volleyball)
- Focus on winning and controlling the first touch. (Soccer)
- Focus on better leading during my passes. (Field Hockey)

## WEEKLY GOALS

- Score a 90 or above on all my tests this week.
- Win both games this week.
- Break my PR for my home course at Thursday's meet.

## PERSONAL SEASON GOALS

- Have 10 tackles for a loss this season.
- End the season with a batting average over .300.
- Score 20 goals during the season.
- Place top 6 in the state tournament.
- Run a sub 20-minute race by the end of the season.
- Move up to varsity by the end of the season.

## TEAM SEASON GOALS

- Have full team attendance at 3 team building events.
- Place top 3 in the state tournament.
- Win the regional championship.
- Finish the season with 10 or more wins.
- Finish the season with 30 members of our team.
- Volunteer over 250 hours by the end of the season.