

"BEING A WINNERS"

AGGRESSIVENESS

Winners make things happen instead of waiting for them to happen. They take charge, force action, and produce results. They assert themselves strongly, make their presence felt. They thrive on competition.

COACHABILITY

Winners respect the coach and the coaching process. They know that coaching is important to their development and progress as an athlete. They are receptive to the coach's advice and follow it.

CONSCIENTIOUSNESS

Winners have a high standard of character, they have a deep sense of obligation, and know a team must have discipline to be successful. They put the welfare of the team first, don't bend rules or regulations to suit themselves.

DESIRE

Desire provides the drive that carries an athlete to success. Dedicated athletes have a strong desire to improve, to compete and, to win. No one gets to be best without a burning desire to be the best.

DETERMINATION

Determination makes winners. The refusal to quit or accept defeat and have the persistence to try and try again. The willingness to practice long and hard. Determined athletes are relentless in their efforts to improve and to win.

EMOTIONAL CONTROL

Successful athletes can handle the pressure of competitive sports. They stay cool, adjust quickly, and are not upset by bad breaks or bad calls. They deliver top performance regardless of the circumstances.

LEADERSHIP

Winners tend to enjoy the role of leader. When leadership is needed, they step forward and take charge. They are dynamic people who like to influence others and take control of situations.

MENTAL TOUGHNESS

Mental toughness is a big factor in athletic success. Winners accept strong criticism and vigorous training from a demanding coach. They recover quickly from setbacks, don't fall apart when the going gets tough.

RESPONSIBILITY

Winners accept total responsibility for their actions. They admit errors and will not blame others or make excuses. They recognize their own mistakes and the need for change and improvement.

SELF-CONFIDENCE

Self-confidence builds winners. Winners have confidence in their abilities and can act decisively. They believe they can successfully meet challenges, handle unexpected situations. Never doubt their ability.