



Card 3: Always Bring Your "A" Game

Bring a positive attitude and your maximum effort to every practice and every game. Show up early and stay late. By choosing to work hard, you set an example for everyone else. This will inspire your teammates to push themselves to new levels and increase your credibility as a leader. **Keep in mind that every day, you either get better or you get worse, and it is your decision.**

Do's and Don'ts

- Take time to mentally prepare before every practice and every game. Decide in advance what your goals are and work hard to achieve them.
- Be confident in yourself. They made you captain for a reason.
- Push both yourself and your teammates to make the most of every workout.
- No matter how bad things are going, be a positive voice.
- Remind your team that today's hard work leads to tomorrow's celebrations. Every day, you make a choice between getting a little better or a little worse. Chose "better."
- Remind your teammates that the two things you can control are your attitude and your effort.

Game Plan

- ✓ Get your head in the game. Be mentally ready to compete in every practice and every game. Set goals for improvement.
- ✓ Challenge at least one teammate per day. For example, make a friendly wager to see if they can complete at least 4 out of 5 drills perfectly. See if you both can improve your times in conditioning.
- ✓ You don't have to be the loudest person, but you do need to encourage your teammates to bring their best every practice and game.
- ✓ Stay positive and let your passion for your sport shine through.

What can you do?
