



Card 7: Be Courageous

Captains lead by example. You need to step up when others will not. Be courageous and have your teammates' back. Set lofty goals and work hard to achieve them. Trust is critical. You must be willing to hold teammates accountable to prepare, work hard, and adhere to the standards you set, but you also need to show that you believe in them. Your actions must reflect the values of the team.

Do's and Don'ts

- Do what's right! You know right from wrong. Never do anything that will hurt the team. This is especially important when it comes to team standards.
- Set the example. Recognize that if you want a unified team where everyone works together to win, it starts with you as the captain: your attitude, your commitment, your caring, your passion for excellence, and your dedication to winning. It starts with the example you set.
- Be strong and stop negative behavior. Sometimes issues like laziness, lack of commitment, or negative talk about coaches or practices can surface among your teammates.

Game Plan

- ✓ Play fearlessly. When you play to avoid mistakes, you only make more mistakes. Don't be afraid to make mistakes! They happen. Accept it, learn from it, and go!
- ✓ Defend your teammates like you would your own family. Stand up when you see someone being mistreated. It may not be the popular choice, but it's the right thing to do.
- ✓ Always help your teammates up when they're down, be it physically or emotionally. Show them you have their back!

What can you do?
