

TIPS FOR PLAYERS—LET’S REDEFINE THE TERM “ATHLETE”

Pick One

There are only four roles in every game. You can play. You can coach. You can officiate. Or you can be a fan. But you can only play one role at a time. Coaches aren’t players. Fans aren’t coaches. And players aren’t refs. So pick one—do your absolute best—and respect the rest.



Be Ready to Learn

Which would you rather have—a coach who accepts every move you make, every drill you run, as just OK, without a word? Or a coach who offers advice, and who sets standards for you to meet? Correction is a compliment—your coach thinks enough of you to want you to get better. Seek feedback. Meet criticism eye to eye and say “thank you.” Commit to continuous improvement.

Be the One People Count On

Look to yourself first when improvement is needed. Nobody’s perfect—when there’s a problem, accept some responsibility. Think solutions, not excuses.

Get Mentally Tough

Control your emotional responses. Have the inner strength to concentrate on what has to be done in pressure situations. Use your emotion and energy to make yourself dig deeper; don’t let your opponents feed off your loss of control. If you’re mentally tough, nothing that happens can break your spirit—stay enthusiastic, confident and positive.

The mission of Champions of Character is to restore character values and raise a generation of students who understand and demonstrate in everyday decisions respect, responsibility, integrity, servant leadership and sportsmanship. To learn more visit championsofcharacter.org.



MORE TIPS FOR PLAYERS

Respect the Game

Stay within the letter **and spirit** of the rules. Respect and accept the judgment of officials and coaches. Respect your opponents as guests—without them, there'd be no game at all. React correctly even when others lose their self control.

Lead

Start your own engine—be ready from the first minute of practices and games to the very last. Recover quickly from mistakes—there's no time to mope or get angry—get back in there! Meet your obligations. Keep your promises.

Put the Team First

Put the team ahead of yourself in every decision—when you're making decisions about what to eat, when to hit the sack, what to do on a Saturday night, how deep to dig at practice, you always are affecting your team. You'll never go wrong if, in every decision, you ask yourself: what would be best for my team?



Tips and strategies provided by
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