



# SYNERGY: ARE YOU A LEVEL 1 LEADER?

## GRATITUDE

- I'm happy for my teammates when they play well
- I find the silver lining when things don't go as planned
- I don't spend time comparing myself to others
- I learn & grow from injuries
- I'm thankful for all the people who referee my games
- I don't complain about doing homework
- I believe I have all the resources I need to be my best
- I wouldn't change the past
- I smile a lot
- I say, "Thank you" to my parents, teachers, referees & coaches

Score: \_\_\_/10

## ENTHUSIASM

- I consistently show up to practice ready to work
- I have a great attitude and am even tempered
- I give high-5's throughout practices and games
- I am constantly talking on defense
- I enjoy going to practice & skill sessions
- My friends would say I'm a positive person
- I say, "Let's go!" when the team needs energy
- I huddle the team together
- I never pout
- I cheer on my teammates on & off the court

Score: \_\_\_/10

## LOYALTY

- I respect my teammates
- I am a good help-side defender
- I speak kindly about teammates when they're not around
- I say, "I got you" so teammates know they can count on me
- I speak highly of my coaches
- I never put down friends or teammates
- I ask for help from teammates & coaches when I need it
- I run to pick up teammates when they've taken a charge
- I stand up for teammates when they sub out of the game
- I'm supportive when people make mistakes

Score: \_\_\_/10

Gratitude \_\_\_ + Enthusiasm \_\_\_ + Loyalty \_\_\_ = Level 1 Score \_\_\_\_\_