

Student

Get your sleep.

Ask questions. Speak Up!

Sit in front 3 rows of class. Get used to being in the front. The view is better.

Copy and review notes in bullet form.

Calendar

To do booklet.

Prioritize based on what is approaching the soonest.

Set all due dates (all tests, quizzes, papers, etc.).

Work backwards on your study plans.

Do your reading in baby bites (always have a book to read in your book bag)?

Read on bus, airport, between classes.

Forms: class schedule. To do check list

Be sure prof. or TA knows you by name. Establish a comfortable relationship so you will approach them for help throughout the quarter or semester.

Leaping over the adversity: “Are you stuck?”

1. Motivation
2. Understanding homework
3. Roommate issues
4. Athletic passion. Are you burnt out?
5. Relationship knots
6. Money

Spring boards to overcome: REACH OUT!!

Academic or athletic counselor

Trainer

Student Mentor

Asst.Coach of your sport

Coaches from other sports

Study No's -No's:

Reading on the bed.

Reading when is noisy unless that works for you.

Don't do all your tasks at the end of the day.

Designate an “I hate to do's hour.

CREATING A CHAMPION'S MINDSET **PLAYER, PARENT, AND COACH**

PLAYER

1. PREPARATION
2. HARD WORK
3. 33% RULE
4. KEEPING IT FUN
5. MANAGING CONFLICT
6. MAINTAINING YOUR MOTIVATION
7. OVERCOMING ADVERSITY ON AND OFF THE FIELD
8. DEALING WITH INJURIES
9. CONFLICTS WITH COACHES AND TEAMMATES
10. BEING A LEADER
11. SERVING YOUR COMMUNITY
12. BEING UNSELFISH
13. BUILDING CONFIDENCE
14. BE TRUE TO YOURSELF
15. ELIMINATE PEER PRESSURE

COACH

1. COACH/ LIFE BALANCE
2. DEALING WITH INJURIES
3. MANAGING OUTSIDE COACHES
4. CONFLICTS WITH PARENT AND PLAYERS
5. SERVING YOUR COMMUNITY
6. PREPARATION
7. 33% RULE
8. KEEPING IT FUN
9. MANAGING CONFLICT
10. MAINTAINING YOUR MOTIVATION
11. OVERCOMING ADVERSITY ON AND OFF THE FIELD
12. BEING A LEADER
13. BEING UNSELFISH
14. BUILDING CONFIDENCE
15. BE TRUE TO YOURSELF
16. ELIMINATE PEER PRESSURE
17. RECRUITING: ROAD MAP TO COLLEGE

PARENT

1. BE A PARENT FIRST
2. BE A FAN
3. GUIDE DON'T SHOVE
4. HIGH PROFILE TEAM OR LOCAL TEAM
5. PRIOR TO GAME
6. DURING GAME
7. AFTER GAME
8. DEALING WITH BAD COACHES
9. KEEPING UP WITH THE JONES'
10. GETTING INVOLVED
11. RECRUITING: ROAD MAP TO COLLEGE

My North Stars

Sue Enquist-UCLA

1. Prepare. Love . Honor. The Game.
2. 33% Rule
3. 100% effort & positive attitude
4. Accountable & responsible.
5. Give or serve.
6. Know what you are what you aren't.
7. Give what you have 100% of what you have.
8. Take YOUR five minutes.
9. Ramp up and down each day.

Exercises

1. 3 things I love about myself.
2. 3 things I want to change.
3. Biggest influence, why?
4. At end of year, what do I want to say about self and season.
5. What would my enemies say is my biggest weakness.
6. What would my friends say is my biggest strength?
7. What gifts do I have to give to others?

Parents

1. Be the sports parent you never had.
2. Get your eye balls off the scholarship.
3. Is that your obnoxious voice in bleachers.
4. What IS your passion? Over structured life?
5. Keep your eyes on getting 1% better.
6. Do other stuff.
7. Find your own spot light.
8. Other things matter more!
9. Be ok with their journey.
10. Human element. The umps and refs.
11. Your sport time out..Do something else.
12. Are you laughing at yourself?