

A reference list of Values and Attributes

*This is a set of foundational values that should be adapted to match the sport-specific mastery requirements of each session

<p>Performance - Each of these behaviors:</p> <ul style="list-style-type: none"> • Can be observed during training • Shows progressive development • Indicates performance mindset • Links to competitive success 	<p>Social - Each of these behaviors</p> <ul style="list-style-type: none"> • Can be observed in team settings • Contributes to team culture • Shows social awareness • Builds team cohesion 	<p>Moral - Each of these behaviors</p> <ul style="list-style-type: none"> • Can be observed daily in sport settings • Builds character through sport • Transfers to life beyond sport • Strengthens team culture
<p>Resilience</p> <ul style="list-style-type: none"> • Bounces back from setbacks • Persists through challenges • Maintains effort when tired <p>Mental Focus</p> <ul style="list-style-type: none"> • Maintains pre-game/training routines • Stays on task during drills • Shows consistent concentration <p>Self-Management</p> <ul style="list-style-type: none"> • Regulates emotions under pressure • Follows training plans 	<p>Respect</p> <ul style="list-style-type: none"> • Demonstrates respect to everyone • Acknowledges others' contributions • Demonstrates good sportsmanship <p>Care</p> <ul style="list-style-type: none"> • Supports teammates • Shows concern for others • Helps new members adapt <p>Harmony</p> <ul style="list-style-type: none"> • Works well with diversity • Resolves conflicts positively 	<p>Responsibility</p> <ul style="list-style-type: none"> • Takes ownership of actions • Completes assigned tasks • Shows up prepared <p>Integrity</p> <ul style="list-style-type: none"> • Plays by rules • Admits mistakes • Reports honestly <p>Fair Play</p> <ul style="list-style-type: none"> • Competes within rules • Shows respect to officials

<ul style="list-style-type: none"> • Shows disciplined preparation <p>Tenacity</p> <ul style="list-style-type: none"> • Shows sustained motivation toward goals • Shows competitive spirit • Maintains high standards <p>Attentiveness</p> <ul style="list-style-type: none"> • Maintains focus during instructions • Responds quickly to coaching feedback • Shows active engagement in training <p>Awareness</p> <ul style="list-style-type: none"> • Reads game situations effectively • Understands own position/role • Adapts to changing conditions <p>Confidence</p> <ul style="list-style-type: none"> • Shows positive body language • Attempts challenging skills • Expresses ideas/opinions clearly 	<ul style="list-style-type: none"> • Actively encouraging teammates <p>Leadership</p> <ul style="list-style-type: none"> • Takes initiative in activities • Guides less experienced teammates • Shows positive influence <p>Teamwork</p> <ul style="list-style-type: none"> • Collaborates effectively • Shares responsibility • Supports team decisions <p>Communication</p> <ul style="list-style-type: none"> • Gives constructive feedback • Listens actively • Shares relevant information <p>Accountability</p> <ul style="list-style-type: none"> • Takes ownership of mistakes • Accepts consequences of actions • Completes assigned roles/tasks 	<ul style="list-style-type: none"> • Accepts decisions gracefully <p>Accountability</p> <ul style="list-style-type: none"> • Takes responsibility for actions • Admits and learns from mistakes • Follows through on commitments <p>Sportsmanship</p> <ul style="list-style-type: none"> • Wins/loses gracefully • Acknowledges opponents' good play • Shows respect regardless of outcome <p>Loyalty</p> <ul style="list-style-type: none"> • Stands by team decisions • Supports teammates in difficulty • Puts team interests before personal gain <p>Honesty</p> <ul style="list-style-type: none"> • Admits mistakes openly • Acknowledges faults/violations • Gives truthful feedback
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<p>Consistency</p> <ul style="list-style-type: none"> • Maintains performance standards • Shows reliable execution • Follows routines systematically <p>Diligence</p> <ul style="list-style-type: none"> • Completes all training tasks • Practices with purpose • Maintains effort throughout <p>Teachable spirit</p> <ul style="list-style-type: none"> • Seeks feedback actively • Implements corrections promptly • Shows willingness to try new methods <p>Competitiveness</p> <ul style="list-style-type: none"> • Rises to challenges • Shows fighting spirit in tough situations • Maintains high standards 	<p>Enthusiasm</p> <ul style="list-style-type: none"> • Shows positive energy in training • Encourages teammates actively • Maintains high spirits in challenges <p>Responsibility</p> <ul style="list-style-type: none"> • Arrives prepared for training • Helps with setup/cleanup • Fulfills team duties <p>Service</p> <ul style="list-style-type: none"> • Supports struggling teammates • Helps new members adapt • Shares knowledge willingly 	<p>Compassion</p> <ul style="list-style-type: none"> • Helps injured teammates • Shows concern for others' struggles • Supports those having difficulties
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<p>Courage</p> <ul style="list-style-type: none"> • Faces fears/difficulties directly • Steps out of comfort zone • Rebounds from setbacks <p>Determination</p> <ul style="list-style-type: none"> • Maintains effort in tough situations • Pushes through fatigue • Stays focused on goals <p>Excellence</p> <ul style="list-style-type: none"> • Strives for high quality execution • Maintains standards consistently • Shows commitment to improvement 		
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