

Wk	Title	Coaches	Captains	Athletes	Family	Pillar	SEL
		Equips/ Encourages Coaches to...	Challenges Captains to/ with...	Challenges Athletes to/ with...	Equips/ Encourages Parents to...		
1	Standards or Feelings	Help athletes choose their personal and team standards over their feelings (i.e. self-discipline).	Lead based on standards, not feelings, by setting the example, upholding the standard, and casting a vision for success.	The relationship between motivation and discipline.	Understand how family standards contribute to motivation and discipline.	Work Ethic	Responsible Decision-Making
2	Take 5	Control their disagreement through a thought exercise combined with deep breathing.	Representing others means controlling their anger.	Examples of how to make frustration constructive or useful.	Recognize how they respond to anger and use that information to create a healthier response.	Goals	Self-Management
3	Game On	Discuss the different types of competition and how they communicate value for others.	Compete alongside, against, and for their teammates to show that they value them.	Notice when they are game off and switch to game on.	Compete with each other well to communicate respect and value for family members.	Growth Mindset	Relationship Skills
4	Chase Greatness	Use team discussions and a code of conduct to explicitly talk about team values.	The traditional pyramid of leadership versus the upside down pyramid of servant leadership.	Write their personal code in concrete terms so it can help to guide their lives.	Define the family's core values to use for guidance and purpose while they chase greatness.	Personal Code	Self-Awareness
5	Good Good	Help athletes when they are going through difficult times such as losing a parent or dealing with a serious injury or medical condition.	Support their teammates through bad bad situations.	Speak affirmative statements to help shift their mindset from bad bad to good good.	Help kids see bad bad situations as good good through the examples of COVID-19 and a season-ending injury.	Grit	Responsible Decision-Making

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6	In Charge	Practice empathetic love and tough love for their difficult athletes.	Misconceptions about how to love, encourage, and serve in a leadership role.	Become more comfortable with the concept of loving their teammates.	Love, encourage, and serve each other.	Servant Leadership	Social Awareness
7	Game Changer	Rely on the whole team to be game changers rather than relying on one or two star athletes.	Setting the example and leading by choosing the harder right over the easier wrong.	Give their best effort to what's right in front of them to prepare to perform well on a big stage.	Smile, Ask, and Look to be a game changer for themselves and their family.	Grit	Self-Management
8	Get Smart	Make it okay for students to ask for help when they are mentally unwell by talking about mental health, giving them a non-verbal option, and being aware of athletes' schedules.	Cultivate situational awareness and learn to be approachable so they can better assist their teammates.	Overcome obstacles to asking for help, such as their pride, not knowing what to say, and being afraid of rejection.	Learn how to ask for help (guidelines for DOs and DON'Ts are provided).	Goals	Relationship Skills
9	Bigger Picture	Notice when athletes are overwhelmed and start the conversation to help athletes through it.	Look at the bigger picture through four exercises.	Zoom out to see the bigger picture and understand that life is happening FOR them, not to them.	Help kids gain perspective on the bigger picture by asking what's wrong, reminding them of their goals, and giving them a break.	Growth Mindset	Social Awareness

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10	Good or Great	Provide space and time for athletes to get to know each other and deepen their connections to each other.	Seek corrections and own their mistakes so they give their teammates permission to do the same.	Show love for their teammates through the way they compete with and sacrifice for their teammates.	Define what great means for their family and encourage each other to strive for that greatness.	Personal Code	Relationship Skills
11	Long Haul	Be aware of the whole person, not just the athlete.	Be mindful of quality vs quantity for the activities they participate in.	Take the time to rest by being alone, being with friends and family, or doing something that they enjoy.	Look for ways to provide space for the family to rest and connect.	Work Ethic	Self-Awareness
12	Speak Loudly	Ensure their body language and words match and that they are teaching the things coaches want to teach.	Pay more attention to speaking loudly with their actions than being extroverted.	Learn to be a good follower, which will help them to be a better leader.	Make sure their actions and body language match the words they say to their kids.	Servant Leadership	Relationship Skills
13	Defined or Refined	Use the CARE acronym to help student-athletes cope with adversity.	Choose to be refined by adversity rather than defined by it.	Three steps to take to help make the choice whether to be defined or refined by adversity.	Learn the lesson and forget the loss.	Grit	Responsible Decision-Making
14	Unrequired Work	Help athletes establish ownership of their goals, effort, and outcomes.	Do the unrequired work of leadership, including serving teammates, building trust, and transferring belief.	Structure their day with required work and unrequired work, including something of service, something for their goal, and something for them personally.	Go beyond the required work to do the unrequired work that will help them become champions.	Goals	Responsible Decision-Making



SEASON 3 OVERVIEW

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15	Over Believer	Tell athletes: I believe in you. Then support the words with actions.	Transfer belief in themselves to believe in their teammates, which will then transfer to teammates believing in themselves.	Self-Belief determines whether students succeed or fail in the long-term. Growth follows belief.	How to become an over believer and why it matters.	Growth Mindset	Self-Awareness
16	Eyes Up	Support athletes to face the fears that drive them to seek distraction.	Be eyes up and present in the moment by listening to their teammates, making today's work the most important, and focusing on learning.	Some of the things they tell themselves (like I'm not worth it, or I'm a loser) are lies.	The importance of being eyes up when we have face-to-face time with our kids.	Personal Code	Self-Awareness
17	Secret Sauce	Commit to consistent hard work as the secret sauce of success.	Be consistent. That doesn't mean be perfect, but it does mean that you call yourself out for the same things you call your teammates out for.	Avoid compartmentalizing parts of their lives. Also encourages athletes to clean out the metaphorical junk drawer so they don't miss out on opportunities.	Consistent hard work is the secret sauce of success.	Work Ethic	Self-Management
18	Lose Yourself	Model losing yourself in service with their fellow coaches.	Be humble and give grace to others.	Love their teammates, even if they don't particularly like them.	Commit to getting to know their neighbors so they can build relationships and better their corner of the community.	Servant Leadership	Relationship Skills