

Wk	Title	Coaches	Captains	Athletes	Parents	SEL	Pillar
		Equips/ Encourages Coaches to...	Challenges Captains to/ with...	Challenges Athletes to/ with...	Equips/ Encourages Parents to...		
1	Hard Work (Best Work)	Impact athletes actions.	Using Simon Sinek's Why-How-What model for leaders.	How to tap into your unknown capacity.	Balance between making kids work for things and giving them what you didn't have growing up.	Self-Awareness	Work Ethic
2	Opportunity Costs	Develop long shelf-life practices to prepare athletes for the future.	Determining the importance of tasks based on important/urgent quadrant system.	How to prepare well using the 5 P's.	Help teens through the five stages of grief when they are disappointed by life.	Self-Management	Goals
3	Commitment Counts	Use commitment to build strong character.	The concept of cost commitment and what it means to have insufficient "funds" as a leader (i.e. lacking time, energy, or abilities).	How to set boundaries and why they're important	Make commitments that count.	Self-Management	Personal Code
4	No Limits	Be a limit-breaker, not a limit-maker.	Lead with intentionality and awareness.	How to overcome the limits of fear, conformity, and doubt.	Show confidence and belief in your children.	Social Awareness; Self-Awareness	Growth Mindset
5	Reset Button	Navigate roles they may fall into when athletes fail: cop, coach, or consultant.	Hit the "Reset Button" when things aren't right.	How to hit the "Reset Button" on negative thoughts, actions, and emotions.	Embrace forgiveness and give second chances.	Responsible Decision-Making	Grit
6	Fear Not	Overcome the fear of hard work, hard choices, hard days, and hard truths.	Face fears with a plan, a partner, and protection.	How to learn to trust through words, actions, and intentions.	Embrace the concept of FAMILY: Forget About Me I Love You.	Relationship Skills	Servant Leadership

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7	Ability vs. Dependability	Develop dependability not just ability.	Be accountable to teammates.	How to "Hold the rope" and become a dependable teammate.	Teach accountability to teens.	Self-Management	Personal Code
8	Grow Up	Praise or reward great character.	Help teammates avoid a childlike mindset.	Use techniques for avoiding distractions, discouragement, and disappointment.	Set family goals and grow together.	Self-Awareness	Growth Mindset
9	Family First	Recognize that each and every role is important.	Reinforce the concept of "Mudita".	How to align personal goals with family goals.	Align parents' goals for kids with their kids' goal for themselves.	Responsible Decision-Making	Goals
10	Bring It	Share stories of overcoming bad days.	Support, motivate, and remove obstacles for teammates.	How to ask questions to determine what is your best in this moment.	Give your best to your family, despite changing emotions.	Self-Awareness; Social Awareness	Grit
11	Character Reps	Watch for negative "Character Reps".	Get reps in self-discipline, reliability, and courage.	How to get reps in grit, humility, work ethic, and generosity.	Reflect on what we are filling ourselves up with.	Self-Awareness	Work Ethic
12	Expectation Vs. Reality	Observe and orient to the reality of their situation.	Have tough conversations with friends and teammates.	How to change your mindset when things aren't going as expected.	Recognize the difference between reparations and punishment.	Relationship Skills; Self-Management	Servant Leadership
13	Tough Love	Demonstrate "Tough Love".	How to find and correct blind spots.	How to accept "Tough Love".	Balance toughness and love.	Self-Awareness	Grit
14	Why Goals?	Use goals to purpose action, focus attention, and strengthen abilities.	Help others achieve their goals.	Be intentional with food, media, relationships, and school.	Set family goals.	Self-Management	Goals
15	Obligation vs. Choice	Participate in a negative visualization exercise, in order to work towards a positive goal.	Know the people you serve, help without being asked, and not expect anything in return.	Choose a "get to" mindset by using negative visualization, a gratitude journal, a buddy system or a rubber band.	Use "Get to" instead of "Have to" language.	Self-Awareness	Personal Health

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16	Show Me	Rate coaches and teammates on how values are demonstrated to see where everyone is.	Understand that team attitude will reflect the team leadership.	How to defeat entitlement.	Combat entitlement with perspective, gratitude, and values.	Self-Management	Servant Leadership
17	Five Star	Become a "Five Star" coach.	How to be a leader with "Five Star" character	How to strengthen the 5 points of "Five Star" character.	Learn how to make the family better by being around you.	Responsible Decision-Making	Growth Mindset
18	Finish Strong	Explores ways to teach how to "Finish Strong": choice, mentality, and culture.	Understand that their efforts and discipline impact their teammates.	How to avoid coasting through the finish line.	"Finish Strong" in the moment, daily, and weekly.	Self-Management	Work Ethic
19	Main Thing	Be aware of what students are going through and encourage/help as they can, but still hold athletes to high standards.	Help teammates overcome distractions and roadblocks.	How to figure out what your "Main Thing" is.	Explore ways to help kids find (and stick to or change) their "Main Thing".	Self-Awareness	Goals
20	Hard Work vs Work Hard	Explain the benefits of hard work to athletes.	The importance humility, vulnerability, courage, and trying new things.	How to know if you are working hard enough.	Understand, empathize with, and be present for our kids.	Self-Management	Grit
21	Big Question	Help athletes become "Compelled" teammates.	Encourage a "Compelled" team culture.	How to move from where you are to where you want to be (content < complicit < committed < compelled).	Building a "Compelled" culture at home.	Responsible Decision-Making	Personal Code

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22	Bad Day	Discuss hardships they may face as well as ways to cope with them.	Develop the emotional intelligence required to know when to offer perspective, what strengths to bring to help a friend, and how much help you can provide.	Develop a PLAN to transform a "Bad Day" caused by people, limitations, actions, and narratives into a "Growth Day".	Identify and solve "bottleneck" issues that often lead to a "Bad Day".	Self-Awareness	Growth Mindset
23	First Five	Discuss ways to arrive well and help athletes arrive well before, during, and after practice.	Help others succeed by being excited for them, helping them preparing, and being supportive.	Use the "First Five" mentality at practice, school, and work.	Apply the "First Five" mentality to home life.	Self-Management	Work Ethic
24	Nuts and Bolts	Learn the three traits of losing well: humility, integrity, and perspective.	Work on developing work ethic; communication; and self-management	How to see the best in others.	Apply the concepts losing well, seeing the best in others, and being a good follower to the family.	Self-Management; Social Awareness	Servant Leadership
25	Iron Sharpens	Explore ways to develop trust in the athletic program.	Sharpen their teammates.	How to sharpen each other so that everyone benefits.	Explore ways to sharpen each other at home.	Responsible decision-making; Relationship skills	Growth Mindset
26	Anger Rights	Teach athletes the importance of knowing their "Anger Rights".	How to control their anger with provided techniques.	How to cultivate patience.	Provide techniques for managing anger during disagreements.	Self-Awareness; Self-management; responsible decision-making	Personal Code
27	Two Chairs	Recognize and stop conflict before it starts.	Four steps to resolve conflict.	How to forgive when you are angry with someone.	Explore ways families can have better gatherings.	Relationship Skills	Servant Leadership

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28	One Click	Recognize the importance and impact of "One Click" changes.	Be a standard bearer for their team.	How to get back on course when little things lead them astray.	Live the family values daily, weekly, monthly and yearly.	Responsible Decision-Making	Goals
29	Integrity Gap	Eliminate the "Integrity Gap" in athletes' behavior.	Identify and correct the "Integrity Gap" in teammates' behavior.	Visualize negative consequences and the ideal behavior to actualize them.	Provide an exercise for creating a family catchphrase to remind each other to watch for integrity gaps.	Self-Awareness; Responsible Decision-Making	Work Ethic
30	Obstacle Course	Explore leading athletes through obstacles and explain the benefits of the "Obstacles Course".	Lead with positivity and accuracy.	Enroll in the "Obstacle Course" and learn what your struggles or challenges have to teach you.	Provide tips for handling life's challenges with grace.	Self-Management	Grit
31	After Contact	Use the TUFF formula (Talk about it, Understand the cause, Formulate a plan, Focus on the goal) to teach athletes grit.	How to encourage and empower their teammates.	Become tougher by using the TUFF formula (Talk about it, Understand the cause, Formulate a plan, Focus on the goal).	Techniques for teaching kids how to be gritty.	Responsible Decision-Making	Grit
32	In Progress	Evaluate where athletes are and adjust expectations for success accordingly.	Be open to learning from anyone, including people who are younger or have less overall experience.	How to utilize techniques to help you learn from mistakes.	Remember that they are also works in progress and to give themselves a break sometimes.	Self-Management	Growth Mindset
33	Daily Checklist	Ask questions to determine what should be on their "Daily Checklist".	Be consistent daily.	How to evaluate where your energy comes from and whether it is positive or negative.	Have a "Daily Checklist".	Self-Management	Goals
34	Thick Skin	Keep criticism in perspective.	Define and stand on your convictions.	How to look at the whole truth of feedback, not just what you want to hear.	Learn how to keep family members grounded.	Self-Awareness	Personal Code



SEASON 3 OVERVIEW

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35	Positive Pressure	Look for signs that athletes are under too much pressure.	Be a "Positive Pressure" in the lives of your teammates.	How to be a "Positive Pressure" for your teammates, family, and themselves.	Understand the difference between goals and expectations, as well as correction and punishment.	Social Awareness	Servant Leadership
36	Walk It	Discuss ways they model integrity, accountability, and respect.	Help your teammates become their best selves.	How to evaluate your past actions to determine the next step toward greater character and integrity.	Talk about work in a way that conveys the work ethic they want kids to learn.	Responsible decision-making	Work Ethic