INTERACTIVE ONLINE COURSE FOR YOUTH ATHLETES

Our 60-minute course will be offered for free for a limited time

Please note our athlete course is most appropriate for 12-18 year-olds

ONLINE COURSE DISCUSSION GUIDE

1. In which part of the Triple-Impact Competitor Model are you strongest and why?
   a. Making yourself better
   b. Making your teammates better
   c. Making the game better

2. In which part of the Triple-Impact Competitor model do you have the most room for growth and why?
   a. Making yourself better
   b. Making your teammates better
   c. Making the game better

3. What Mistake Ritual will you plan to use when we get back to play?

4. In what way can you personally contribute leadership to our team?

5. Which part of ROOTS is your strongest area and why?

6. In which part of ROOTS do you have the most room for growth and why?