

How Athletes Can Strengthen Teammates

A Triple-Impact Competitor® strives to create a positive sports experience by strengthening themselves, their teammates, and the game they play. The following worksheet gives athletes the chance to reflect on tools to help them support and strengthen their teammates.

Build Trusting Relationships with Teammates

Strengthening and supporting your teammates starts with building trusting relationships. Take time to get to know your teammates and recognize that each person is unique. Learning about their experiences and preferences can help you better support them. The following chart is an example of how you can reflect on interactions you had with teammates after practices or games.

Teammate's Name: _____ What I learned about them today: _____

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Check-in With Teammates

Your teammates arrive to practice within the context of their days and lives. Something that happened off the field may affect how they are feeling and their performance. Carving out time to check-in with teammates can give you a better idea of how they are doing and what support they may need. Do so by listening to understand their perspective, without judgement, and validating their feelings.

Why is it important for me to check-in with my teammates: _____

How can I check-in with my teammates: _____

Provide Positive Encouragement

One of the best ways you can support your teammates is by providing them positive encouragement. At PCA we call this 'Emotional Tank Filling'. Telling your teammates when you see them doing something well, recognizing their improvement with truthful, specific praise, acknowledging their positive impact on you, and helping them feel valued can fill their emotional tanks.

What can you do to fill your teammates' Emotional Tanks: _____

Which teammate can I start with: _____

What encouragement can I provide: _____

Mirror vs. Window

A Triple-Impact Competitor® has the ability to look both inward and outward when necessary for the betterment of the team. The inward view is 'Mirror Time' - reflecting on your own emotions and taking responsibility for your actions. The outward view is 'Window Time' - focusing on what is going on with your team and teammates to help them be successful. For example: Your team just lost a close game. You chose to look in the mirror, take responsibility for your own mistakes and strive to improve, rather than blame the loss on your teammates. Another example: The coach subs you out of an important game. You chose to 'look out the window' by keeping your head in the game and supporting your teammates instead of dwelling on the fact that you were taken out.

A time when I could look in the mirror: _____

A time when I could look through the window: _____