

How Athletes Can Strengthen Their Sport

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 strengthen their sport.

Honor The Game Routines

An important part of a positive youth sports culture is the way that you interact with everyone and everything involved - the Rules of Competition, Opponents, Officials, Teammates, and Self. Honor the Game routines are consistent actions that help ensure everyone feels supported and has a positive experience.

Individual Honor The Game Routines

Some examples of individual Honor the Game routines are introducing yourself to the official before the game starts or complimenting an opponent for a good play during competition.

What is an honor the game routine that you want to commit to: _____

Team Honor The Game Routines

Some examples of team Honor the Game routines are making sure you gather together after every game to appreciate each other's contributions or thanking the official after a competition.

What is an honor the game routine that your team wants to commit to: _____

Self-Regulation Strategies

When you encounter challenges, you can use self-regulation strategies to better respond to those challenges rather than react in an unproductive way. When you start to feel yourself getting bothered, use a self-regulation strategy such as counting to five in your head, walking away, or taking deep breaths until you feel more prepared to respond.

What is a self-regulation strategy that you can try to use: _____

Who will hold you accountable to this strategy: _____

