

How to Deal With Conflicts

Steps

- Determine what the issue is, what is being disagreed on.
- Bring in an adult/other person to help through the conversation
- Remember you are working on a team together and the problem shouldn't change that.
- Listen to each other's points of view and give the other person reasonable time to talk.

Importance

- One of the best ways to have a strong team is to have good communication.
- Teammates need to feel comfortable with each other, enough to point out any conflicts and mistakes.
- A strong athlete takes criticism as a helpful tool and can receive it from coaches and teammates.

Is Talent That Important?

- While many sports require you to be talented, if you lack confidence and determination to get better, you won't.
- Many athletes are considered to be “naturally talented.” But even those athletes have to put lots of effort into improving.
- Being talented can be a natural thing, but it is something that can be learned.
- A good mindset, focused on improving yourself and believing that it can be done is the best way to change your talent.
- People who are naturally good at a sport don't always continue with it because it might not be something they are completely interested and invested in.

How to be a Leader

Importance

- A strong leader is a necessity to having a successful team.
- A leader is the person on the team that can rally everyone together when people aren't wanting to join together.
- A leader isn't going to be the person who is best at the sport but the person who can bring the team together and help with the team organization and support.

Qualities

- Communication
- Patience
- Confidence
- Integrity
- Respectful
- Accountability
- Motivating
- Encouraging
- Decisive
- Trustworthy

Specific Notes for the Team

- At the end of the day the other girls on your team are working towards the same goal as you and will be for a long time. It is important to treat each other with respect and always build them up.
- Remember that everyone has different strengths and they won't always be obvious at every moment. Each girl brings different strengths to the team but everyone is equally important.
- Everyone on the team is human, meaning they will have bad days and struggle with things. As their teammate, it is your job to be there for them and pick them up on the days when they are struggling.