

HOW TO EARN THE RESPECT OF YOUR TEAMMATES

1. Get to know your teammates.
2. Go out of your way to help your teammates as much as you can.
3. Give positive feedback to your teammates whenever you get the chance.
4. Remember that negativism and positivism are both highly contagious.
5. Give 100% effort in practice, and work hard on your weaknesses.
6. Resolve conflicts with teammates or coaches as quickly as possible.
7. Get your attitude and disposition right *before* going to practices or meets.
 8. Don't be a loudmouth or a showoff.
 9. Be fully responsible for yourself.
 10. Be your own best igniter.
11. Communicate clearly, honestly, and openly with your coach.
 12. Don't forget to have fun.