

THE STAR WAY

January Focus: **Poise**

What is it?

Poise: to be able to hold oneself in a balanced and steady position

Wooden Says...

"I define Poise as being true to oneself, not getting rattled, thrown off, or unbalanced regardless of the circumstance or situation...Poise means avoiding pose or pretense, comparing yourself to others, or acting like someone you're not."

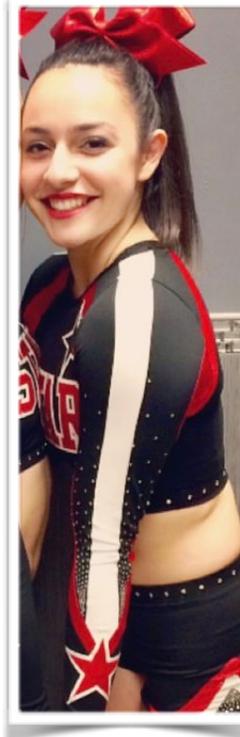
At Star Athletics...

... we believe **Poise** is a powerful gift that a person can give themselves by mastering the other words in Wooden's Pyramid. This word is useful in January as we continue our competitive season. *Are you able to perform under pressure? Do you rely on the performance of others to strengthen your own? Do you change your behavior based on how good or bad the situation may be? Do you have a brave heart in all circumstances?*

Balanced and Steady

Throughout a long cheer career, an athlete will have to practice or compete without feeling 100%. The season lasts a calendar year, which means there is not much time for rest.

Poise becomes an important part of a cheer athlete's life. A brave heart can get athletes through tough moments. Many are aware of their role and know how important they are. Cheer teams are filled with extremely dedicated individuals that wish to be on the mat and competing whenever physically possible.



Abby C. has been nothing but a rock for STAR Athletics. This past December, she was able to compete with an illness that would have kept most sitting in the stands. She was not at her physical best but never let her teammates down. Some did not even realize she had a setback. Her selfless actions enabled both of her teams to have an incredible weekend. Her mind and body was trained for her competitive debut in the 2016-2017 season and nothing was going to stop her. Her **Poise** was certainly inspiring

to her teammates and coaches and will continue to carry her through any tough times ahead.

SUCCESS

