

THE STAR WAY

September Focus: Initiative

What is it?

Initiative: the ability to make decisions and think alone; the power or opportunity to act or take charge before others do

Wooden Says...

"Initiative means having the courage to make decisions and take action. Simple as that. Keep in mind that we all are going to fail at times. You must understand this and not fear failure."

At Star Athletics...

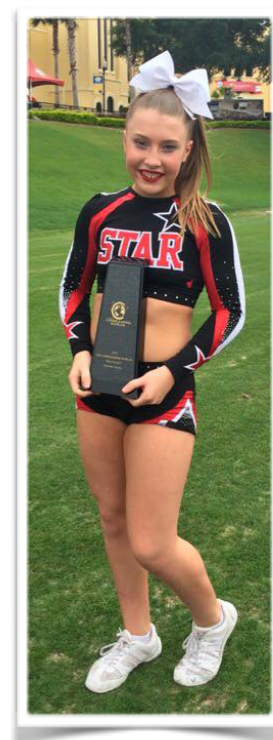
The staff will praise, correct, and coach at every practice. Their goal is to help you reach your fullest potential. A coach cannot work alone. It is important that every athlete has **Initiative** and can take responsibility of his/her own skills. **What will you bring to your competition routine? How will you make sure your team is set up for success? How can you show initiative at practice? Why is this important? Can you show initiative at home? How will this help you?**

“One More Rep...”

Many athletes spend time in the gym... but not all make the same use of their time. Some athletes push themselves, even when no one is watching. Some continue to practice, even when the clock says, “It’s over.” Some work, with no external motivation, for goals they have set for themselves and their teams.

Madison Z. works hard and is a patient athlete who understands that things take time to develop. She is not afraid to try new skills, fail, and get back up to try again. She is a tough minded athlete that will continue to do “one more rep” because she wants to improve.

You will find Madison Z. at the gym working out by herself, tumbling in classes or privates, and giving her all at team practices. She understands the importance of conditioning and knows how important her **Initiative** is in this area. Her coaches have noticed that her determination comes from within. With all of this put together, she has been able to perform new skills consistently. She truly exemplifies this Wooden Word and her leadership does not go unnoticed. *#thestarway*



SUCCESS

