

THE STAR WAY

August Focus: Alertness

What is it?

Alertness: the ability to be watchful and ready for change

Wooden Says...

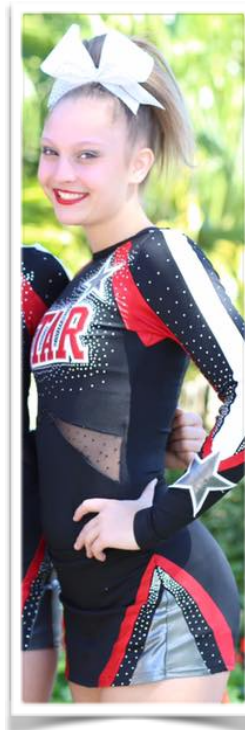
"**Alertness** is a potent weapon for a leader or anyone else. A driver who's asleep at the wheel will crash. The same happens to organizations whose leader does not exhibit Alertness. Their refrain: "I didn't see it coming." As you strive to reach your personal best, **Alertness** will make your task much easier. You will 'see it coming' before the competitor does. Be observing constantly, quick to spot a weakness and correct it or use it as the case may warrant."

At Star Athletics...

... we are working on our mental training. We try to take advantage of every second of practice which means we must work quickly and diligently. This improves our ability to be **Alert**. **Choreography is about to start which means an athlete must learn a lot of material quickly... and the material will change throughout the season! How can you improve your mental quickness and stay Alert?**

Preparing: Always Be Ready!

A successful team is made up of many different people, including people who do not always get the spotlight. Hailey was a vital member of Junior Black last year and made sure she was



always on her game. She knew many different stunt positions and routine spots. She helped the team practice even if injuries or absences occurred.

She put the coaches minds at ease since she was reliable and **Alert**.

This season, Hailey has helped multiple teams at their practices and is able to do so because she adapts and fits in where she is needed. Star Athletics is grateful to have athletes that are able to do this.

Alertness is a quality that will help both inside and outside of the gym. Be aware of what is going on around you at all times so you will be ready to respond quickly. #thestarway

