

This guide is designed to give you a quick way to talk about your natural strengths. These differ from skills in that they describe your behavior that you then apply to skill building and competing. While you may have many other strengths, these reflect what comes easily to you. This is learned behavior and may not represent how you want to be treated by coaches, staff or the players you compete with. To understand how you would like people to approach you, see the Prepare to Win guide. Use this information to help your coach and team mates to more quickly understand your approach to your sport.

## Individual Relationships



Diplomatic, tactful, insightful, respectful

When communicating with your coach or other players you are respectful and don't offend people even if they are a competitor.

## Routines and Systems



Detailed, organized, tactical, systematic

You create a system or process to prepare for competition and then follow it.

## Physical Energy



Quick, vigorous, active, animated

You approach practice and play with a lot of physical drive and find ways to always be in continuous motion.

## Managing Change



Multi-tasker, adaptable, initiator, starter

You are able to divide your attention between multiple priorities and easily shift to a new routine, play format or strategic direction and quickly react to changing circumstances.