



CHAPTER 1 ELEMENTARY LEVEL

1. What are the key attributes in Chapter 1 for your development as a Complete Athlete?

- A. Always trying your best
- B. Listen to your coaches
- C. Practice on your own
- D. Having a good attitude
- E. All of the above

2. Should a player drink water before, during and after practice and games?

- A. Sometimes
- B. Only when it's hot
- C. You are feeling thirsty
- D. It is essential to drink water before, during and after practice and games
- E. When I'm feeling tired

3. To be a Complete Athlete, is it important to listen and pay attention in the classroom?

- A. Only with the subjects you like
- B. The last 15 minutes of class
- C. When you sit next to your friends
- D. It is always important
- E. When you have done your homework

4. What are the five attributes of a Complete Athlete?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

5. How does a Complete Athlete prioritize the various elements of her life?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____