



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, it is 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 so you can improve with all your subjects at school to be academically strong in all areas.
- E. When you have done your homework.

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

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

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

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