



CHAPTER 2 MIDDLE SCHOOL LEVEL

1. Which best describes ways to build confidence?

- A. Reflect on the positive feedback from your coaches.
- B. Tell yourself you're a great player and a solid member of the team.
- C. Disregard any negative comments.
- D. Don't beat yourself up when you make a mistake.
- E. All of the above

2. Fitness matters. What elements does a Complete Athlete need to maintain a high degree of?

- A. Lower and Upper body strength
- B. Flexibility / Mobility
- C. Core Strength
- D. Speed / Quickness / Endurance
- E. All of the above

3. To be a good role model, you should always:

- A. Listen to your coaches.
- B. Treat others the same way you would like to be treated.
- C. Don't whine when things don't go your way.
- D. Let everyone know you're the best player on the team.
- E. A, B and C

4. What are the best ways for a Complete Athlete to stay organized?

- A. Take a break, it's been a long day.
- B. Return all of your texts and phone calls.
- C. Make sure you record your favorite shows first.
- D. Prioritize schoolwork and make to-do lists for getting it done.
- E. All of the above

5. True or False? School is more important than sports.

- A. True
- B. False