



CHAPTER 2 MIDDLE SCHOOL LEVEL

1. What are the key elements of being a good teammate?

- A. Listening when your teammates are communicating with you
- B. Letting your teammates know you appreciate them both on and off the field
- C. Forgiving your teammates when they make a mistake
- D. Never talk behind your teammates' backs
- E. All of the above

2. Being a Complete Athlete means being a good role model. Which of the following demonstrates characteristics of a good role model?

- A. Working hard at practice and having good sportsmanship with your opponents
- B. Improving your fitness outside of practice
- C. You don't communicate with your coach when you need to miss practice
- D. Always working to help everyone on your team, no matter their level of play
- E. A, B and D

3. A Complete Athlete can lead others to perform better than they would on their own. What are the key elements of this type of leadership?

- A. Putting the teams needs first
- B. Never complaining when things get tough
- C. Not getting discouraged if your team is playing poorly
- D. Being content with your team's performance when they are winning
- E. A, B and C

4. What are the best ways for a Complete Athlete to demonstrate respect for their teammates?

- A. Learn your teammates' names and address them by their names
- B. Do not insult teammates or opponents
- C. Forgive others when they make a mistake
- D. Let your teammates know you appreciate them both on and off the field
- E. All of the above

5. True or False? A youth baseball player who keeps their equipment organized and in a safe place will always know right where to find everything they need for a practice or game.

- A. True
- B. False