



CHAPTER 2 MIDDLE SCHOOL LEVEL

1. Developing into a Complete Athlete you need to understand, what are the key elements of being a good teammate?

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

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

- 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 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 always first.
- B. Never complaining when things get tough.
- C. Don't get 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 or talk about them behind their backs.
- C. Forgive others when they make a mistake and do not make fun of them.
- 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.

- True
- False