



CHAPTER 3 HIGH SCHOOL LEVEL

1. True or False? When playing in a game or tournament, it is far more important for a player to think more about their individual performance than their performance within the team.

- A. True
- B. False

2. What are the qualities of a good team leader?

- A. Someone who has earned the trust and respect of his teammates
- B. Someone who encourages his teammates to come to him with their questions
- C. A player who participates in cliques
- D. Someone who helps his teammates with team building activities
- E. A, B, and D

3. An athlete's body does its growing, healing, and muscle repair during sleep. How many hours of sleep should a Complete Athlete get?

- A. 5-6 hours
- B. 6-7 hours
- C. 8-10 hours
- D. 10-12 hours

4. What are qualities of a true friend?

- A. Honest
- B. Empathetic
- C. Good role model
- D. All of the above

5. In the section on Living Your Sport, how should you go about studying professional players?

- A. Watch professional games
- B. Watch the players that play your position
- C. Read articles and books about your favorite players
- D. All of the above