



## CHAPTER 3 HIGH SCHOOL LEVEL

**1. True or False? When playing in a game or tournament with college exposure, it is far more important to focus on your individual performance than your team performance.**

- A. True
- B. False

**2. True or False? A good leader needs to be team captain to be leader?**

- A. True
- B. False

**3. A Complete Athlete's body does its developing, growing, healing, and muscle repair while sleeping. How much sleep is recommended during this phase of development?**

- A. 4 hours
- B. 5 hours
- C. 6 hours
- D. 7 hours
- E. 8 to 10 hours

**4. What are qualities of a true friend?**

- A. Honest
- B. Empathetic
- C. Good role model
- D. Always listens and gives advice when needed
- E. All of the above

**5. How does a Complete Athlete live his or her sport?**

- A. Watch collegiate and professional matches
- B. Focus on the players that play your position and understand their tactical decisions
- C. Read about players that you admire and how their journey unfolded
- D. Understanding the importance of off the field lifestyle and how to keep these standards high
- E. All of the above