



## CHAPTER 3 HIGH SCHOOL LEVEL

**1. During the high school years, a Complete Athlete will have many pressures with all aspects of life. What are some key ways to show a professional standard in your community on and off the field?**

- A. Holding yourselves accountable with your academics
- B. Being involved with social media that expresses negativity and is harmful to others
- C. Not being on time
- D. Volunteering and helping others with community service
- E. A and D

**2. College Coaches want to recruit student athletes that are living a healthy lifestyle. The Complete Athlete matrix shows all the elements needed to be successful. Which one of the following statements best represents you?**

- A. I'm committed to my family's values and I will always give my very best for my family with everything and everyone in my life
- B. I want to be successful, but I'm not always willing to put in the effort needed to reach the next level
- C. I think academics and soccer are important to me, but I get easily distracted by other factors in my life
- D. I feel very fortunate for the opportunities that I have, which fuels me to improve
- E. One day, I will focus on being more productive in my life, but for now, I just want to have fun outside of school and soccer

**3. Your practice habits and gameday performance needs improvement. What should you focus on to improve?**

- A. Improving your technique and fitness levels
- B. Having a positive attitude about your performance
- C. Hydrating and fueling your body with proper nutrition
- D. Working with your team and the coaching staff
- E. All of the above

**4. A good leader inspires and motivates others to do something that they would not normally do, or to perform better than they would on their own. What qualities must a good leader have to be effective?**

- A. The trust and respect of his teammates
- B. Teammates that fear him
- C. Teammates that follow him because he is popular outside of the team.
- D. None of the above

**5. What qualities best describe what a college coach is looking for in a Complete Athlete?**

- A. Arrogant and strong
- B. Mature and respectful
- C. Great player and academically careless
- D. Lazy and disrespectful
- E. None of the above