



CHAPTER 3 HIGH SCHOOL LEVEL

1. A Complete Athlete during the high school years will have many pressures with all aspects of life. It is essential for you to show a professional standard in your community on and off the field, what are some key areas?

- A. Holding yourselves accountable with your academics.
- B. Being involved with social media that expresses negativity and is harmful to others.
- C. Being on time to you is the time you feel like getting there at.
- 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. Everyday, I feel very fortunate for the opportunities that I have, which fuels me to improve in all aspects of life.
- E. One day, I will focus on being more productive in my life, but 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 with your role on the team.
- E. All of the above

4. A good leader is able to inspire and motivate 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 her teammates.
- B. Teammates that fear her.
- C. Teammates that follow her because she 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