



CHAPTER 4 COLLEGE LEVEL

1. College level athlete should do which of these to demonstrate good sportsmanship?

- A. Leave the field immediately after a loss so the other team can celebrate
- B. Yell negative comments at the opposing team
- C. Go to home plate to shake hands after the game
- D. Complain about the umpires
- E. Go quickly to the locker room to shower and pack your bags

2. Which of the following should you avoid to achieve more sleep and proper rest and recovery?

- A. Avoid stimulants
- B. Take sleeping pills
- C. Wind down before going to bed
- D. Ear plugs

3. While representing your university, you are held to a higher standard. What are some key areas you need to avoid to be successful?

- A. Not following and abiding to the University's Policies and Procedures
- B. Drinking alcohol and taking illegal substances
- C. Inappropriate social media posts
- D. Poor conduct and behavior on and off the campus
- E. All of the above

4. What are at least two ways to practice Mental Imagery before a game?

5. As a Complete Athlete at this level, balancing your life and time is critical. Please list three ways to maintain your relationships outside of your team environment.

1. -----
2. -----
3. -----