



## CHAPTER 4 COLLEGE LEVEL

**1. A Complete Athlete in college will have many new challenges on and off the field. It is essential to understand your new environment when entering into your freshman year. What are some key areas to be prepared for?**

- A. Working with your academic advisor to schedule your classes around your practice schedule
- B. Time needed to get to and from class and practice
- C. Being on time to all classes and team events
- D. Location and times of operation of school dining services
- E. All of the above

**2. When you practice with your new team and coaching staff, it is very important to show how committed you are to the program. What areas do you need to work on?**

- A. Training consistently over the summer
- B. Adapting to your new teammates aging from 18-22
- C. Communicating and getting to know your freshman class only
- D. Reaching out to the whole team and coaching staff to create the best team culture for everyone involved
- E. A, B, and D

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

- A. Not following and abiding to the Universities' 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. In level 4 what are the four ways a Complete Athlete demonstrates good sportsmanship.**

1. \_Not trash talking the other team or players online or off before the game\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**5. As a Complete Athlete at this level, balancing your life and time is critical. Please list four resources available at universities that can help you academically.**

1. \_Academic Tutors\_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_