



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 practicing 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
- 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 even higher standards. 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 examples of a Complete Athlete that can demonstrate good sportsmanship?

- A. Sincerely congratulating the other team if her team loses
- B. Not gloating if her team wins
- C. Not trash-talking the other team's players during the game or online before and after the game
- D. Graciously shaking hands with the opponents before and after each game
- E. All of the above

5. As a Complete Athlete at the collegiate level, balancing your life and time is critical. List four resources available at University that are provided to you to assistance you with your academics?

- 1. Academic Tutors. _____
- 2. _____
- 3. _____
- 4. _____