



## CHAPTER 5 PROFESSIONAL LEVEL

**1. According to the pros, which of the following should you do when you have a bad game?**

- A. Go home and spend time with family and friends
- B. Go to the mall
- C. Detach emotionally from the game
- D. Watch TV by yourself
- E. A and C

**2. True or False? A Complete Athlete who has developed strong leadership skills over the years will be a much more sought-after person in the job market when her playing career is over.**

- A. True
- B. False

**3. The core values of being a Complete Athlete will teach you how to be a complete person in life. Which one of these groups does not belong?**

- A. Family, Culture, Leadership and Respect
- B. Attitude, Preparation, Technique and Fitness
- C. Lifestyle, being a good Role Model, Teamwork and Commitment
- D. Work ethic and to never give up
- E. Winning at all costs, throwing the hardest, having the most wins

**4. True or False? Being a Complete Athlete professional means you no longer need to work as hard to maintain the technique and mentality you have developed over the years because you have made it to an elite level of baseball.**

- A. True
- B. False

**5. Which answer to a post-game interview represents a Level 5 Complete Athlete?**

- A. "I had my best stuff tonight and I knew I didn't need any help."
- B. "My defense let me down."
- C. "If we had better pitching and coaching, we would have won."
- D. "We played very good as team today, and we just got the breaks we needed."
- E. "We were the better team, but the umpire cost us the game."