



CHAPTER 5 PROFESSIONAL LEVEL

1. What is the common denominator for a professional athlete after a poor game performance?

- A. Go out on the town
- B. Go spend time with family and friends
- C. Don't communicate with anyone for 24 hours
- D. Remember one game will never define you and remind yourself you are playing at the highest level for a reason, so with some adjustments you can perform at the level you need to.
- E. B and D

2. True or False? A Complete Athlete who has developed strong leadership skills will be greatly sought-after in the job market when their professional playing career is over.

- A. True
- B. False

3. True or False? As a Complete Athlete professional, it is essential to speak to the media with class and dignity, no matter the circumstances.

- A. True
- B. False

4. The older you get and the amount of years you play as a professional add up. What are the key areas to maintaining good health as a Complete Athlete?

- A. Nutrition
- B. Recovery
- C. Sleep and rest
- D. Appropriate amount of strength training and fitness
- E. All of the above

5. True or False? A Complete Athlete at the professional level will always work hard and give their all every single practice, every single game, and every single minute.

- A. True
- B. False