



CHAPTER 5 PROFESSIONAL LEVEL

1. Being a professional athlete is an amazing achievement but staying competitive at this level is the ultimate challenge. What are some important factors to keep playing at this level?

- A. Staying humble and appreciating every day
- B. Remembering all the key training habits that help you get to be a professional
- C. Choosing your words appropriately when dealing with the media
- D. When playing on TV remembering it is just another game and not getting caught up with all the national coverage
- E. All of the above

2. Dealing with social media can be very complicated. What should you be thinking before you post anything?

- A. Make sure you clearly think out the purpose of your post and whether it is positive or supportive
- B. Not being bated into unnecessary conversations that lead nowhere
- C. Posting something right away when you are very emotionally upset
- D. Your actions are representing a city, or even a whole nation, so it is essential that you are respectful of every race, gender and religion.
- E. A, B and D

3. The core values of being a Complete Athlete will teach you how to be a complete person in life. Which ones have made the biggest impact for you with your journey?

- 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. All of the above

4. Playing at the professional level comes with many challenges and a Complete Athlete can be a positive role model in her community. What are the key areas of focus you can achieve to be a positive citizen in your environment?

- A. Charity work and community service
- B. Signing autographs and taking pictures with fans
- C. Mentoring the youth players in your community
- D. In relation to off the field behavior, it is important to not make poor decisions by showing class to organizations and all of your fans
- E. All of the above

5. As a Complete Athlete professional you probably earned your degree. You should look into continuing education if the opportunity arises or it is part of a signing bonus.

- A. True
- B. False