THE SUPPORTSMANSHIP SELF-CHECK

A personal reflection on the athletic experience we help create

Name (optional): _____ My role: _____

Mark the response that best describes how you act most of the time.

	RARELY	SOMETIMES	OFTEN
1. I show the same respect I expect from others.	☐	☐	☐
2. My words and actions help set a tone that lifts others up.	☐	☐	☐
3. I respond to setbacks, officials and opponents with composure.	☐	☐	☐
4. I put growth and improvement ahead of the scoreboard.	☐	☐	☐
5. I take ownership of the example I set for my athletic community.	☐	☐	☐

REFLECT. LEAD. GROW.

One action I am proud of:

One action I can improve:

My commitment for the next game, practice or event:

A BETTER ATHLETIC EXPERIENCE STARTS WITH US.

Inspired by Seeking SUPPORTSMANSHIP and the SUPPORTSMANSHIP GOLD Reflection Deck