

JANUARY - ENCOURAGER

An All Star athlete is someone who truly sees other people for who they are and lifts them up.

Concepts of being inspirational and supporting your teammates hopefulness and courageousness.

Inspirational – the action or power of moving others either intellectually or emotionally.

Courageousness – quality of spirit that enables you to lead others to face obstacles or things that make them afraid.

Be an encourager. The world has plenty of critics already.

DAVE WILLIS

WE Speak Challenge:

Do you think being an intentional encourager will help your relationships on the team? Sharing specific praise to other team members is found to be an effective manner in which to lead.

Who are 5 people on your team that you can encourage today?

HOW can you encourage them?

List 3 ways you can encourage other team members during practice.

When you are encouraging others watch their posture. Do you find they change their posture after you give them a compliment?

What encourages YOU? If you discover key phrases or actions that inspire you to be more courageous, use them on others!



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You

