

FEBRUARY - ACCOUNTABLE

An All Star athlete is someone who does what they say... always.

Concepts of being responsible and answerable to others on your team and program.

Responsible – having the control or power over yourself or other’s actions.

Answerable – explaining your actions to others and being held to a high standard.

Being accountable to somebody such as friends, family or a trainer can be a powerful tool to ensure progress towards your goal.

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WE Speak Challenge:

Did you know that statistically 50% of our population is above average in taking personal accountability and 50% is below average in personal accountability? (RMI Executive Research)

Let’s be intentional in developing our team’s and our own personal responsibility!

List a time when it was necessary to admit to your coach that you had made a mistake. How did you handle it? How did it make you feel afterwards – better or worse?

Having someone become accountable means you are gaining their commitment to be better. What needs to happen in order for you to commit to being more accountable or to give 100%? For your teammates to become more accountable?

Being accountable is like having a “credibility bank”. You can put items in like being truthful, arriving on time and owning mistakes. But making withdrawals like being late and lying are devastating to your account. Unfortunately, others do not remember anything but your withdrawals, regardless of your many deposits!

List 5 deposits that you commit to invest in your accountability bank.

List 5 withdrawals that you commit to no longer “pull out” of your account.

Share your ideas with your team and create a checklist of being accountable to each other and your coaches.



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



NOW GO SHARE **YOUR** STORY OF BEING ACCOUNTABLE OR COMMITTED TO THE TEAM USING THE HASHTAG: **#THISISALLSTAR**