

MARCH - APPRECIATIVE

An All Star athlete inspires others to their greatest potential.

Concepts of being grateful and valuing someone and/or something on your team.

Grateful – showing or expressing thanks, feeling thankful for your team and program.

Valuing – considering it important or worthwhile, regarding your team and program with usefulness

“ At home, be grateful. At work, be appreciative. Gratitude is a gift we give ourselves. Appreciation is a gift we give to others.

PICTUREQUOTES.COM ”

WE Speak Challenge:

What do you look forward to in practice each week? What was a win last week for you in practice? Share as a team and create a way to be intentional in having everyone feel successful and appreciative of All Star!

How do we as a team, know when we have done great work? How will we decide what makes a successful practice? How will we be appreciative of a great practice vs an average one?

What do we think we do well as a team? What are we appreciative of that we bring as a cohesive team with our skills and work values?

What can we learn from others and be appreciative of their practice drills and cohesion? How can we reorganize a specific part of practice to be more successful?

Reflect back to wanting to join All Star. What did you want to achieve? How do you feel about your journey? Be appreciative of the steps you have climbed to be successful and list how you will continue to grow.



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

