The training and racing program of my team is fun for the participants. — **NO** → Do "team" things to a faster sense of belonging, enjoyment, and shared responsibility.

YES ↓

The team regularly discusses, meets about team issues in which the athletes and coaches share some of the decision making. — **NO** → Try activities and group processing that allows for participation and "say" for all members

YES ↓

Check content of team meetings regularly.

↓

Review individual self talk strategies. Regularly assess for problem self critics. — **NO** → Stress realistic self instruction that comes from the positive perspective.

YES ↓

Do self analysis of coaching methods and content. WHAT do you say and HOW do you say it. — **NO** → Get a colleague to observe you and give feedback or use a small tape recorder during a training session

YES ↓

Use to be a better coach.

↓

I check athlete's balance in other parts of life and promote goal achievement in school and social settings. — **NO** → Expand your goal setting process.

YES ↓

Our Team Philosophy promotes a good work ethic and rewards superior quality effort. — **NO** → Why not?!

YES ↓

CONGRATULATIONS!!!