



101 Things Youth Can Learn through Sports without Being an All-star

1. How to be honest with yourself and your team
2. How to look forward and not dwell on past defeats
3. How to build competence over time
4. How to be open to inspiration from others
5. How to show up early and ready to play
6. How to be flexible and embrace change
7. How to be creative in the face of a problem
8. How to be supportive of a teammate in need
9. How to confront reality even when it hurts
10. How to deal constructively with conflict
11. How to be dependable for other people
12. How to work with other people to achieve a common goal
13. How to remain determined when things get tough
14. How to use imagination to find solutions to problems
15. How to cultivate positive ambition
16. How to care about teammates - even if they let you down
17. How to show maturity in the face of pettiness
18. How to show loyalty instead of jumping ship
19. How to practice self control in the midst of chaos
20. How to be independent while still part of a team
21. How to follow a vision to completion
22. How to follow directions from a coach
23. How to assert leadership when leadership is needed
24. How to adapt your role to achieve a team goal
25. How to find a way to contribute while sitting on the bench
26. How to bounce back from a heartbreaking loss
27. How to show class in victory
28. How to show grace in defeat
29. How to play hard regardless of the score
30. How to keep a commitment to excellence no matter what
31. How to accept responsibility for mistakes
32. How to serve someone beyond yourself
33. How to follow leaders when they step out front
34. How to control your emotions under pressure
35. How to take care of your body as the treasure it is
36. How to respect authority -- even if you disagree with it
37. How to elevate a teammate who is down
38. How to see a teammate's potential rather than limitations
39. How to cultivate curiosity as a key to creativity
40. How to judge yourself by your effort not the scoreboard
41. How to find common ground with people different than you
42. How to be in the right position at the right time
43. How to do the little things that make a team successful
44. How to practice self discipline for a purpose
45. How to stay enthusiastic even when you are feeling down
46. How to be purposeful so that every action counts
47. How to take your own initiative
48. How to be selfless for the team
49. How to be solution oriented
50. How to view setbacks as opportunities rather than failures
51. How to be tenacious and refuse to quit
52. How to forgive a teammate or coach
53. How to forgive yourself
54. How to make today matter
55. How to prioritize your time to achieve a goal
56. How to replace negative thinking with positive thinking
57. How to promote team unity
58. How to use mental skills to perform under pressure
59. How to cultivate a learning mentality
60. How to make ethical decisions
61. How to communicate effectively
62. How to say no to unhealthy behaviors
63. How to listen -- really listen -- to others
64. How to show confidence -- even if you don't feel it
65. How to give a teammate confidence
66. How to see a double team coming -- and beat it
67. How to lead by example even if you are not 'the captain'
68. How to compete with yourself to become better every day
69. How to know the difference between success and winning
70. How to sense what your team needs -- and deliver it
71. How to know the difference between failure and losing
72. How to take things one day at a time
73. How to trust yourself instead of second-guessing
74. How to take responsibility for your personal health
75. How to lead by example
76. How to do what you say you will do
77. How to accept criticism from people who count
78. How to ignore criticism from people who don't count
79. How to rev yourself up when you are dead tired
80. How to manage multiple responsibilities one at a time
81. How to play to win without compromising your character
82. How to walk away from gossip and negativity
83. How to draw satisfaction from serving others
84. How to stand up for yourself
85. How to be authentically happy for a teammate's success
86. How to inspire a shared vision amongst your teammates
87. How to build small accomplishments into larger victories
88. How to recognize the contributions of others
89. How to keep hope alive no matter what
90. How to stay in love with the game when it doesn't love you
91. How to motivate yourself
92. How to earn your teammates' trust
93. How to ask for help when you need it
94. How to ignore obnoxious braggarts
95. How to bust out of a slump
96. How to bounce back from injury
97. How to overcome fear of failure -- or fear of success
98. How to be proud but not satisfied
99. How to laugh at yourself when it all gets too serious
100. How to enjoy the journey regardless of the destination
101. How to dare to dream.