

## WHAT DO YOU EXPECT FROM YOUR CAPTAINS?

ROLE MODEL, SET A GOOD EXAMPLE  
ON AND OFF THE FIELD

GOOD COMMUNICATOR, MOTIVATOR,  
MEDIATOR

GOOD RELATIONSHIP WITH COACHES  
AND TEAMMATES

KNOWLEDGEABLE ABOUT SPORT  
AND STRATEGIES

INSPIRES PEOPLE ON AND OFF THE  
FIELD

KEEPS TEAM UNITY, INCLUDES  
EVERYONE - ORGANIZED

VOLUNTEERS TO TAKE ON  
RESPONSIBILITY

PROBLEM SOLVERS, HANDLES  
DIFFERENT SITUATIONS

Creating a successful team is essentially a  
spiritual act. It requires the individuals  
involved to surrender their self interests for  
the greater good so that the whole adds up  
to more than the sum of it's parts.

Phil Jackson

In November of 2015, the  
Western Maine Conference  
held a **Student Athlete  
Leadership Summit**. 128  
student-athletes attended,  
representing 16 different high  
schools. Part of the day, we  
were broken into working  
groups of 5-6, and were asked  
to provide the information  
needed for this brochure. We  
were given guiding questions,  
we knew the title of this  
brochure, and ... that our  
teammates were the target  
audience.

The information gathered that  
day was compiled and is the  
basis for this document. As  
classmates and teammates, we  
encourage you to read the  
information and reflect upon  
the material as it relates to you  
and your teammates.

***Please listen to what WE,  
your classmate and your  
teammates, have to say!***

## *A Guide to Being a Great Teammate*



**TEAM  
CHEMISTRY  
...  
TEAMWORK**

## WHAT ARE THE PERSONALITY TRAITS THAT MAKE GREAT TEAMMATES?

POSITIVE, SUPPORTIVE, & UPLIFTING

PASSIONATE & INVESTED

FOCUSED & MOTIVATED.

TRUSTWORTHY & LOYAL

DEDICATED & HARDWORKING

HUMBLE & CONFIDENT

OPEN TO NEW IDEAS

CONSIDERATE, COMPASSIONATE.  
FRIENDLY, KIND, & NICE

**T**OGETHER  
**E**VERYONE  
**A**CHIEVES  
**M**ORE

## WHAT ARE THE BEHAVIORS THAT MAKE A GREAT TEAMMATE?

HARDWORKING IN OFFSEASON,  
PRESEASON, PRACTICES, AND GAMES

HELPING OUT IN ATHLETICS AND  
SCHOOL

ACHIEVES IN ATHLETICS AND  
ACADEMICS

SUPPORTIVE, UPLIFTING TO OTHERS  
AND GIVING PRAISE

WILLING TO LISTEN, TAKE  
CONSTRUCTIVE CRITICISM AND  
COMPROMISE

CHEERING ON AND ENCOURAGING  
TEAMMATES  
POSITIVE ATTITUDE, DOESN'T GIVE UP

WELCOMING, APPROACHABLE,  
FRIENDLY, LISTENS TO OTHERS, EASY  
TO TALK TO

ABLE TO ACCEPT A LOSS

PUNCTUAL TO ALL TEAM ACTIVITIES

## WHAT ARE THE BEHAVIORS YOU DO NOT WANT FROM YOUR TEAMMATES?

DISRESPECTFUL TO COACHES,  
OPPONENTS, REFS AND TEAMMATES

SELFISH, BALL-HOG, PLAYING AS  
INDIVIDUAL

OVERCONFIDENT, ARROGANT, COCKY

LAZY, NOT GIVING 100% IN  
PRACTICES OR GAMES

LACK OF COMMITMENT, SKIPPING  
PRACTICES AND OTHER TEAM EVENTS

TALKING TEAMMATES DOWN,  
GOSSIPING, NEGATIVE COMMENTS

NOT TAKING RESPONSIBILITY,  
BLAMING OTHERS

NEGATIVE ATTITUDE, COMPLAINS,  
WHINY

CAN'T TAKE CONSTRUCTIVE  
CRITICISM