

22 Ways to Make Your Practice Go Great!

1. Be enthusiastic and positive.
2. Kij at things with an open mind.
3. Respect your students and other athletes.
4. Give criticism in a tactful, helpful manner.
5. Be on time. Early is on time, on time is late.
6. Listen carefully.
7. Dress correctly.
8. Care.
9. Be aware of the feelings of others.
10. Realize that practices are for PRACTICING.
11. Attend practices faithfully.
12. Work out problems when they arise.
13. Be BIG, not petty. (Always choose to be the bigger person.)
14. Be loyal to the other members of the group.
15. Work to get things done. Don't leave everything to others.
16. Constantly be looking for new methods to bring back to the team.
17. Take time out of practice to work on your strength, flexibility, skills and confidence.
18. There is no excuse for you to be "out conditioned." Be in your best possible shape.
19. Learn to accept criticism. Say thank you when you are critiqued.
20. Appreciate your students.
21. Be a part of the SOLUTION...not a part of the problem.
22. You have failed, only when you have failed to try.

Just For Kix

On the way into practice each day ask yourself...

What can I do to make practice go great today?