



**BETTER ATHLETES  
BETTER PEOPLE**

# New Year's Resolutions for Youth And High School Athletes

In case you have not made (or kept!) any New Year's Resolutions, Positive Coaching Alliance suggests some that will help you grow as a Triple-Impact Competitor®, improving yourself, your teammates and your sport as a whole. We know from experience how hard it is to maintain New Year's Resolutions. However, your love for your sport can help you keep your commitment.

## **Resolutions to Improve Myself**

I resolve...

... to master my sport by tending to the ELM Tree of Mastery, where ELM stands for Effort, Learning and Mistakes are OK.

...to put forth my best Effort in every practice and competition.

...to Learn by studying my sport, seeking advice from my coaches, parents and teammates and watching others perform.

...to see Mistakes as a natural result of striving to improve so that I will persist.

## **Resolutions to Improve My Teammates**

I resolve...

...to Fill the Emotional Tanks of my teammates, because they have "emotional tanks" just as cars have gas tanks, and empty tanks can take us nowhere, but full tanks can take us anywhere.

...to use a "Buddy System," finding the teammate each day who needs a little extra lift and filling his or her Emotional Tank.

...to use the "Magic Ratio" of five specific, truthful praises for each constructive criticism.

## **Resolutions to Improve My Sport**

I resolve...

...to get to the ROOTS of a positive sports experience, where ROOTS stands for respecting Rules, Opponents, Officials, Teammates and Self.

...to compete by the Rules, even when it's possible to break them without getting caught, because I understand that victory without honor has no value.

...to stay mindful that without a worthy Opponent, we would have no sport.

...to treat Officials respectfully, remembering that they have been selected and trained to keep us safe and enforce the rules of our sport.

... to hold my Teammates in the highest esteem, realizing that I represent them, too.

**For more Resources, visit: [www.PCDevZone.org](http://www.PCDevZone.org)  
For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)**