

Playing Beyond the Scoreboard Study Guide

Welcome to *Playing Beyond the Scoreboard*. This guide is designed to help you get the most out of the upcoming season. While the book was written for captains to use, everyone has the ability to show leadership. Remember, a leader does not always wear the captain “badge.” This book is an excellent resource that can equip you with skills in athletics and in life. Please complete the study guide and hand it in to your coach.

1. Of the ten myths of being a captain, list the two that concern you the most and explain why.

2. List the 8 keys to a leader’s commitment and describe each in your own words.

**3. Evaluate yourself using the questions on page 24 & 25.
What are your strengths?**

What are your weaknesses?

- 4. In Chapter 3 there are four leadership styles listed.
Which style describes you the best?
Which is the second style that best describes you?
Which style describes you least? (villain style)**

In your opinion, what do you see as the advantages of your leading role?

In your opinion, what do you see as the disadvantages of your leading role?

- 5. List and describe the 7 elements to building team chemistry. In your opinion, which one will be most important this season? Why?**

- 6. The GOALS formula is introduced in chapter 5. List and describe each letter. Using the formula, write one personal goal and one team goal.**

7. List the 8 parts to a Preseason Questionnaire.

8. The Preseason Personal Leadership Questionnaire is designed to help you take a closer look at your leadership ability. Whether you are a captain or not, everyone has some leadership ability. Fill out the questionnaire on page 85 in terms of your own personal leadership skills. (Make a copy and hand it in to your coach/advisor)

9. Do the same for the Preseason Personal Ability Questionnaire on page 88.

10. Schedule a time with your coach to complete the Captain to Coach Questionnaire on page 92.

11. Read pages 99 to 104. List one thing you found most insightful or beneficial and explain why.

12. Copy page 105 and sign it along with your parents. Hand it to your coach. Please do not sign the agreement if you don't think you can follow through.

13. List and describe the 10 keys to setting a positive tone on a team. Which key is the most difficult for you to demonstrate?

14. Conflict in life is inevitable. Read pages 131 to 139 and explain your strengths and weaknesses in dealing with conflict.

15. What does OTFDN stand for and what does it mean to you? Describe a situation where the formula may be needed.

16. List and describe the 5 keys to sportsmanship.

17. Personally, where are you the strongest when it comes to sportsmanship and officials?

18. Where are you the weakest in regards to sportsmanship and officials and what are you going to do about it?

19. List your favorite three quotes from pages 175 to 181.

20. What was your favorite part of the book? Why?