

LIFE LESSONS

WORK HABITS

One of the most important life skills that your cheerleader can learn is the need and ability to give their best effort in order to succeed.

"You can't make a great play unless you do it first in practice."

Chuck Noll

"Spectacular achievements are always preceded by unspectacular preparation."

Roger Staubach

"Do not confuse activity with achievement."

John Wooden

"A guy who gives you less than what he has to give is, one – telling you what he thinks of you, and two- telling you what he thinks of himself."

Pete Carill

"Learn to do things right, then do them right every time."

Bob Knight

Give examples in cheerleading that demonstrate the need for good work habits

ENTHUSIASM

Enthusiasm is the fire that ignites people to achieve. Enthusiasm is contagious.

"Merit begets confidence; confidence begets enthusiasm; enthusiasm conquers the world."

Walter Cottingham

"People who feel good about themselves produce good results."

Spencer Johnson & Kenneth Blanchard, The One-Minute Manager

"The world belongs to positive, energetic people."

Jon Frazier

"Enthusiasm is the inspiration of the great."

Christine Bovee

Give examples in cheerleading that show how enthusiasm will make an impact

PERSEVERANCE

Cheerleading, and sports in general, is a good time for young people to take risks and learn the meaning of not giving up. Risking failure is required in order to succeed and improve. Coaches must encourage and promote lessons in learning, goal setting and recovery.

"You live up or down to your expectations."

Lou Holtz

"Our greatest weakness lies in giving up. The most certain way to succeed is to try one more time."

Thomas Edison

"Giving up reinforces our sense of incompetence; going on gives you a commitment to succeed."

George Weinberg

"The difference between possible and impossible lies in the man's determination."

Tommy Lasorda

Give situations in cheerleading that prove the need for perseverance

TEAMWORK

One of the greatest experiences is to be part of a team. A wise coach will do everything she can to promote unity, and the concept that it takes everyone to succeed.

"You must learn how to hold a team together. You must lift some men up, calm others down, until finally they've got one heartbeat. Then you've got yourself a team."

Bear Bryant

"Teamwork makes dream work."

Bruce Brown

"We are a winning team in which all members are vital. We pull together as one, learn from each other and never let a teammate fail."

Sunservice

"The best thing about teamwork is that you always have others on your side."

Margaret Carty

Tell about times that teamwork benefits the group

SPORTSMANSHIP/GRACE

A coach needs to teach cheerleaders to do what is right and how to maintain a sense of composure when things go wrong. The behavior of a team in competition is the most revealing public reflection of a coach.

"One man practicing sportsmanship is better than a hundred teaching it."

Knutes Rockne

"Anger is one letter short of danger."

Unknown

"The key to winning is poise under stress."

Paul Brown

Give examples of good and bad sportsmanship in cheerleading and how those made the team feel.

Seven Deadly Sins for Athletes and Teams

Shared by Ray Wanty – Teacher/Coach, Shelby High School, Shelby, Montana

Skill without Effort
Activity without Achievement
Excuses without Accountability
Me before We
Responsibility without Trust
Goals without Sacrifice
Success without Integrity