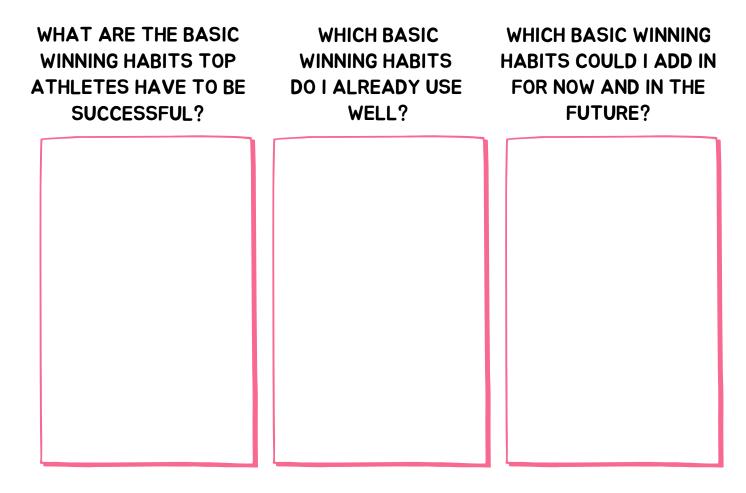
## Taking Ownership

## **Creating winning habits**

1. What are the 'basics' you have to get right to be a successful athlete? Complete the boxes.



2. How can you take ownership? Whose responsibility

is it to..

- WATCH THIS VIDEO AND DO THE ACTIVITIES?
- REACH OUT TO COACHES/PARENTS IF I HAVE QUESTIONS OR NEED SUPPORT?
- FIND OUT HOW I CAN GO THE EXTRA STEP?
- REFLECT ON HOW I CAN IMPROVE?
- BE CREATIVE ABOUT TRAINING OPTIONS?
- SEEK OUT OPPORTUNITIES?
- REACH MY GOALS AND FULL POTENTIAL?

HINT: Answers are all 'mine!'