

Five Ways to Elevate Your Team

Every successful team has five things going for it. Physical ability is the first and most obvious thing. But physical ability is not enough. Successful teams also have character, self direction, teamwork, and leadership. You can elevate your team by developing your skills in all five areas.

1. Build Your Physical Ability

We all have different levels of talent. The truly successful athletes are the ones who get the absolute most out of what they have. Start by taking care of your health. Then work with a coach to build your stamina, strength, agility, and sport-specific skills.

2. Show Your Best Character

When it comes to athletics, character is all about competing to win with honor. You can elevate your team by showing your best character every day. Show your spirit, intensity, courage, and resilience. Show your integrity. Show your respect, responsibility, sense of service, and loyalty. And show your sense of honor for yourself and your team.

3. Be a Self Directed Athlete

Self direction is the ability to lead yourself toward a goal. The most successful teams have athletes who can direct themselves to develop their talent to the fullest. You can do this, too. Be prepared to execute your assignments. Be proactive, focused, coachable, and disciplined. Control your emotions. Make smart decisions and be assertive about doing the right thing. Be persistent enough deal with adversity without losing your spirit. And create the right balance between athletics, school, and family life.

4. Be a Great Team Player

Great team players work together in ways that allow them to multiply their individual talents. Be committed to your team. Be informed about what your coaches want, and adapt your role to the team goal. Be dependable and stay positive no matter what. Communicate and collaborate with your coaches and teammates. Be supportive of your leaders. Focus on solutions instead of problems. And always represent your team well in the community.

5. Be a Positive Team Leader

Some athletes are given formal leadership positions. Others assume visible leadership roles. And others lead quietly by example. Whatever your position, become the best leader you can possibly be. Think team first. Model the way. Assure execution. Drive team energy. Keep your team focused on its goals and values. Build team unity. Encourage your teammates. Confront challenges when they arise. And celebrate your team accomplishments along the way.

The Elevation Model

The five competencies of successful teams are captured in the Elevation Model of Athletic Development shown below. The Elevation Model provides a picture of what you need to do to become a truly successful athlete. More importantly, almost everything in the Elevation Model is directly transferable to your life beyond sports. So by learning the winning practices in the Elevation Model, you are also learning positive life skills which can help you in athletics and beyond for the rest of your life.

The Elevation Model of Athletic Development

