So how are YOU doing at creating a DR and CLH Culture? Do a Quick Self-Check ...

Coach's Quick Compete-Learn-Honor Pulse Check

Does your program...	YES! 3	SOME 2	NOT ENOUGH 1
1. Emphasize having fun and improving as much as winning?			
2. Teach students to always be wanting to learn?			
3. Help students enjoy playing whether they win or lose?			
4. Teach students to never give up no matter what the score is?			
5. Expect students to make no excuses and accept responsibility for how they play?			
6. Teach students to give their best effort every day?			
7. Teach students to see matches and games as something to learn from, whether they win or lose?			
8. Teach students to show respect to themselves, teammates, opponents, coaches, and officials?			
9. Teach students routines and rituals to manage thoughts and emotions during play?			
10. Show students how to focus on playing in the present moment?			

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Your Post-Game Breakdown

Championship Bracket 24-30 points (80%)	Keep doing what you're doing! There are a few ways you can strengthen a Compete-Learn-Honor culture in your program. But you're playing a great game so far!
20-23 points (67%)	Your effort and preparation are paying off! You could more consistently emphasize some key elements of Compete-Learn-Honor, but you're solidly in the game!
Consolation Bracket 15-19 points (50%)	You're heading in an effective direction with Compete-Learn-Honor in your program. And there are some areas that need much greater emphasis in order to reach the next level. Go for it!
Qualification Bracket 10-14 points (33%)	You're on the verge of being in the game with Compete-Learn-Honor in your program. To get to the next level, you'll need to make a more explicit game plan for how you'll make building Compete-Learn-Honor a bigger part of what you do. Keep going!
0-9 points	Your score says that Compete-Learn-Honor has probably not been a big emphasis for your program. Time to pick the ONE habit that will make the biggest difference for you and your players, and ramp up your attention to it. Get going!

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From Peter C. Scales. (2023). The Compete-Learn-Honor Playbook: Simple Steps to Take Your Mental & Emotional Tennis & Pickleball Game to a New Level. Monterey, CA: Coaches Choice.

So how are YOU doing at creating a CLH Culture? Do a Quick Self-Check ...

Player's Quick Compete-Learn-Honor Pulse Check

Does your sports program/team/pro or coach...	YES! 3	SOME 2	NOT ENOUGH 1
1. Emphasize having fun and improving as much as winning?			
2. Teach students to always be wanting to learn?			
3. Help students enjoy playing whether they win or lose?			
4. Teach students to never give up no matter what the score is?			
5. Expect students to make no excuses and accept responsibility for how they play?			
6. Teach students to give their best effort every day?			
7. Teach students to see matches and games as something to learn from, whether they win or lose?			
8. Expect students to show respect to themselves, teammates, opponents, coaches, and officials?			
9. Teach students routines and rituals to manage thoughts and emotions during play?			
10. Show students how to focus on playing in the present moment?			

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Your Post-Game Breakdown

Championship Bracket 24-30 points (80%)	Your program or pro should keep doing what they're doing! There are a few ways your program or pro can strengthen their attention to Compete-Learn-Honor mental and emotional habits. But they're playing a great game so far!
20-23 points (67%	Your program's or pro's effort and preparation are paying off! They could more consistently emphasize some key Compete-Learn-Honor mental and emotional strength habits, but they're solidly in the game!
Consolation Bracket 15-19 points (50%)	Your program or pro is heading in an effective direction with their emphasis on Compete-Learn-Honor mental and emotional habits. And there are some areas that you could ask them to give greater emphasis to in order to reach the next level. Go for it!
Qualification Bracket 10-14 points (33%)	Your program or pro is on the verge of being in the game with their teaching of Compete-Learn-Honor mental and emotional habits. To get to the next level, you could ask them to make a more explicit game plan for how they'll make mental and emotional training a bigger part of what they do. Keep going!
0-9 points	Your score says that mental and emotional training has probably not been a big emphasis for your program or pro. Time to pick the ONE Compete-Learn-Honor habit that will make the biggest difference for you and ask your program or pro to ramp up their attention to it. Get going!

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