# 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**<br>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**<br>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**<br>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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