

ELEVEN RULES FOR THE DEVELOPING YOUNG ATHLETE

1. SEE THE BIG PICTURE
2. HAVE A HUNGER
3. BELIEVE IT
4. HAVE A MENTOR/COACH
5. GIVE 100% EFFORT
6. PRACTICE YOUR SKILLS UNTIL THEY ARE A HABIT
7. IGNORE NAYSAYERS
8. BE AN EAGLE NOT A PIGEON
9. ENJOY THE MOMENT
10. ELIMINATE "I CAN'T"
11. LOVE WHAT YOU DO

