

## **USASJ – “Be the Best You Can Be” Program Summer 2013**

An award will be given at the end of each season to the USASJ athlete who most exemplifies the qualities necessary to be a World Class athlete, and who along with strong work ethic, displays good sportsmanship, and brings positive energy into the USASJ environment.

Athletes will be evaluated based on qualities that USASJ staff believes will facilitate “being the best you can be” as well as actions that will strengthen the Team and enhance USASJ’s effort to be one of the premier ski jumping programs in the world.

On a regular basis USASJ coaching staff will “measure” each athlete using a color coded scoring system of gold, green, yellow, red. Green is for good effort and execution, red is for poor or below average or below expectation, yellow is fair or average and Gold is excellent.

The following are the qualities that will be measured.

### ***A GOOD TEAMMATE:***

- One who reaches out to others with constructive advice and shows support for the other teammates improvement
- Challenges teammates and coaching staff to be better
- Feels a responsibility to the team to always bring the best of himself to training and competition
- Has a positive attitude and brings energy to the team’s training environment
- Respects teammates and coaches
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### ***A “DIG IN THE DIRT ATTITUDE”***

- Explores different ways/ angles to improve in all areas that can positively impact a higher level of performance and accomplishment.
- Puts in extra effort
- Uses problems and setbacks as an opportunity to learn, grow and improve
- Does not make excuses. Accepts full responsibility for his actions and the outcome
- Does not give up.
- Trusts his abilities and is able to step it up when things get tough

### ***BEST EXEMPLIFIES THE WILL TO” BE THE BEST”***

- Completes training thoroughly and to the best of his ability –every day
- Always challenges himself to be better
- Takes ownership of becoming the best he can be on and off the hill
- Puts in 100% effort at all sessions
- Is proactive in his approach to being the best and leaves nothing to chance.
- Is always prepared for both the expected and the unexpected.
- Conducts himself as a professional

### ***A “WHOLE ATHLETE”***

- Gets adequate Sleep
- Has a proper Diet
  - Has a well balanced diet to enable him to train and compete at the optimal level.
  - Is at an appropriate weight to perform at his best ability
- Physically prepared.
  - Works on physical weakness
  - Avoids situations that can cause unnecessary injuries and is committed to the rehabilitation of injuries.
- Hygiene
- Mental
  - Is proactive about being mentally prepared for training and competition
  - Seeks support as necessary to address issues that stand in the way of being able to at the best of his abilities.
- Equipment
  - Does his best to have the best equipment possible
  - And has his equipment in the best possible condition
- Is a good USASJ representative at all times, on and off the hill and is a role model for junior ski jumpers.