

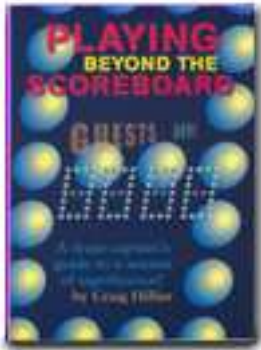


**Study Guide**

**Playing Beyond  
the Scoreboard**

**How Team  
Leaders and  
Captains can  
create a  
Season of  
Significance!**

The *Beyond the Scoreboard* course is an excellent resource that can equip you with skills in athletics and in life. Please complete the study guide and hand it to your coach.



## **Chapter 1: What makes it worth it? The 10 Myths of Being a Team Captain.**

**Complete the following sentences.**

**Myth # 1** You are still \_\_\_\_\_ .

**Myth # 2** The best players= \_\_\_\_\_ .

**Myth # 3** You must be \_\_\_\_\_ to be a leader.

**Myth # 4** Leaders must be \_\_\_\_\_ .

**Myth # 5** You're the \_\_\_\_\_ .

**Myth # 6** Captains are the only \_\_\_\_\_ on the team.

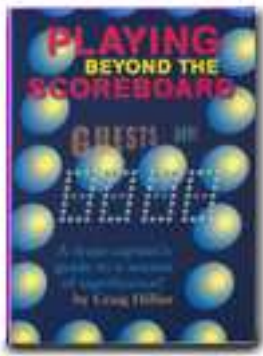
**Myth # 7** Captains can't \_\_\_\_\_ .

**Myth # 8** Respect can be \_\_\_\_\_ not \_\_\_\_\_ .

**Myth # 9** Last \_\_\_\_\_ =this \_\_\_\_\_ .

**Myth # 10** You're \_\_\_\_\_ .

**Of the ten myths described in the book, list two that concern you the most and explain why.**



## **Chapter 2: Captains Commitment: 8 Qualities of top-notch captains**

**Key # 1** \_\_\_\_\_

**Key # 2** \_\_\_\_\_

**Key # 3** \_\_\_\_\_

**Key # 4** \_\_\_\_\_

**Key # 5** \_\_\_\_\_

**Key # 6** \_\_\_\_\_

**Key # 7** \_\_\_\_\_

**Key # 8** \_\_\_\_\_

**Of the eight key qualities, which one is your strongest?**

**Of the eight key qualities, which one do you need to improve on the most?**

## Chapter 3: Connecting as a captain

**After reading about the four leadership styles, answer the questions below.**

**Which style is most like you? \_\_\_\_\_**

**Leading Role**

**Which style is least like you? \_\_\_\_\_**

**Villain Role**

***“Team work makes the dream work!”***

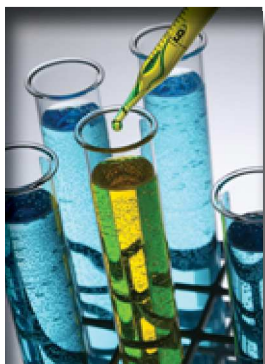
**In your opinion, what are the advantages of being a team leader/captain with your leading role?**

**In your opinion, what are the disadvantages of being a team leader/captain with your leading role?**

**Review your villain (least like you) style. What do you need to remember/adjust when you are working with this style?**



## Chapter 4: Creating Team Chemistry



### Seven Elements of Team Chemistry

**Element # 1** \_\_\_\_\_

**Element # 2** \_\_\_\_\_

**Element # 3** \_\_\_\_\_

**Element # 4** \_\_\_\_\_

**Element # 5** \_\_\_\_\_

**Element # 6** \_\_\_\_\_

**Element # 7** \_\_\_\_\_

**In your opinion, which element will be most important this season?**

## **Chapter 5: Creating a Team Vision**

### **The GOALS Formula**

**G**\_\_\_\_\_

**O**\_\_\_\_\_

**A**\_\_\_\_\_

**L**\_\_\_\_\_

**S**\_\_\_\_\_



**Using the formula, write one personal goal and one team goal on the back of this page.**

## **Chapter 6 Pre-Season Preparations**

- ◆ **Complete pre-season team questionnaire. (pg 82)**
- ◆ **Complete pre-season personal leadership questionnaire. (pg 85)**
- ◆ **Complete pre-season personal ability questionnaire. (pg 88)**
- ◆ **Schedule a time to complete captain to coach questionnaire. (pg 92)**

## Chapter 7: Delusion of Drugs

**List one thing you thought was most insightful or beneficial from chapter 7 and explain why.**

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## Chapter 8 Setting the Tone

### Ten Keys to Setting the Tone

**Key # 1** \_\_\_\_\_

**Key # 2** \_\_\_\_\_

**Key # 3** \_\_\_\_\_

**Key # 4** \_\_\_\_\_

**Key # 5** \_\_\_\_\_

**Key # 6** \_\_\_\_\_

**Key # 7** \_\_\_\_\_

**Key # 8** \_\_\_\_\_

**Key # 9** \_\_\_\_\_

**Key # 10** \_\_\_\_\_



**Which key is the most difficult for you to demonstrate?**

## Chapter 9: Managing Conflict

**What happens when we don't deal with conflict?**

**O** \_\_\_\_\_  
**T** \_\_\_\_\_  
**F** \_\_\_\_\_  
**D** \_\_\_\_\_  
**N** \_\_\_\_\_



**Describe a situation where this formula could be used?**



## Chapter 10: The Art of Sportsmanship

### List and describe the 5 Keys to Sportsmanship

**Key # 1 Cool heads**\_\_\_\_\_ .

**Key # 2 You can't control a** \_\_\_\_\_ .

**Key # 3 The other team is the** \_\_\_\_\_  
**not the**\_\_\_\_\_ .

**Key # 4**\_\_\_\_\_ **is ugly.**

**Key # 5 Win or Lose,**\_\_\_\_\_ **to**\_\_\_\_\_ .

### Working with officials

\_\_\_\_\_ **happen**

**Be**\_\_\_\_\_

**Watch your**\_\_\_\_\_

**Know the**\_\_\_\_\_

**Know when and how to ask questions during**\_\_\_\_\_

\_\_\_\_\_ **to be an** \_\_\_\_\_





**List your favorite three quotes from pages 175-181.**

**After going through this leadership book, what was most beneficial for you? Why?**