

Team Building

- Values
 - Highlight individual values
 - Group discussion of personal values
 - Identify team values
- Mission Statement Development
 - Intentional
 - Concise
 - Buy in
- Integration of New Players
 - Big sister pairing
 - Intentional mingling
 - New pepper partners
 - Empower older players to show younger the team culture
- Identify Roles
 - Embrace role
 - Value in any role
 - Ex: cheer captain, serving specialist
 - Work to expand role, don't get complacent
 - Prepare incoming players for potentially a new ("lesser") role
- Communication
 - I statements
 - Addressing issues early but in an appropriate setting and at an appropriate time
 - Ex: thoughts of transferring before a match
 - Avoid triangulation
 - Tone
 - Being aware of personal tone
 - Removing tone from topic of conversation
- Be a Good Teammate
 - Must be teammates but not friends
- Cell Phone "Free" Times
 - Team meals
 - Team events
 - Game day
- Impact of Social Media
 - Likes does not equate to value or skill
 - UND vs Minnesota's number of "likes"
 - Instant satisfaction
 - Dangers of comparison