**SRJC Softball - Making or Breaking a Team**

* **Important characteristics in a team**
* Loyalty
* Communication
* Integrity
* Trust
* Perseverance
* Openness / Open-minded
* Dedication
* Love
* Passion for the sport
* Forgiveness
* Connected / On the same Page / Together
* **How can you impact the team (not in skill)**
* Stay positive
* Cheer each other on
* Pick each other up
* Hype each other up
* Honest insight
* Help when need it
* Willing to take criticism
* Hold ourselves accountable since we aren’t together for most of this
* Shake off mistakes
* Be a friend
* Adaptability / Know your role / knowing what impact you can have
* **What brings a team down?**
* Negativity
* Trauma
* Little clicks
* Selfishness
* Giving up
* Talking down
* Poor body language
* Shutting down physically and mentally
* Attitude
* Excuses / blaming others
* Showing up and not giving your all
* Not being able to self-motivate
* Complaining
* Not trusting the process / not trusting a teammate
* Letting a bad day affect your practice / ability to be a good teammate
* Lack of confidence
* Lack of commitment
* Not understanding how you impact the team
* **What made the best team you were on?**
* Friendship
* Togetherness / Bonding
* Having the same end goal
* Wanting to play
* Good relationship between the coaches and the players as an entire team
* Holding each other accountable
* Ability to be friends on and off the field
* Trusting your teammates
* Competitiveness
* Respect
* Knowing when to focus
* Being able to grow as a person
* The ability to talk to your teammates about concerns or attitudes without the fear of being judged or attacked
* Being able to make mistakes and not feel bad or humiliated because you're close with your team
* Learning from each other
* Knowing you have roles and knowing those can change (Anna)
* Constant support
* Trust
* **What do you want out of this season?**
* A full season
* To have fun
* Friendships
* Bonds
* To get as much out of it as we can
* Competitive season
* To grow as a person and a player
* Improve skill
* Work hard despite the circumstance, work as hard as you would on the field even when you’re at home
* To come together as one and win
* For everyone to come together and accomplish something as one team who contributes
* Couple trophies / awards
* Achieve our goals
* Control what you can control
* Buy-in