

FOX ATHLETES

AMY SUITER COACHING

Tips for Parents and Coaches:

- Be Confident and Consistent: Fox athletes respond best to leaders who are steady and self-assured. Keep showing up, even when they push back.
- Communicate Clearly and Directly: Avoid fluff or overly detailed explanations—Foxes prefer short, to-the-point instructions.
- Encourage Responsibility: Guide them to take ownership of their actions, reminding them that this puts the power back in their hands.
- Stay Honest and Transparent: Build trust by being upfront and avoiding overpromising or sugarcoating.
- Don't Take It Personally: Foxes may test your patience, but staying calm and steady will earn their respect over time.

Who Are Fox Athletes?

Fox athletes are cautious, skeptical competitors who thrive on consistency, honesty, and respect. Their guarded nature often stems from being let down or burned in the past, making them hesitant to trust others. Foxes are clever and observant, often testing others to see who will stay consistent and prove trustworthy. They respect confident, steady leaders who guide them with clarity and patience while encouraging them to take ownership of their growth.

Key Traits

Strengths:
Observant, clever, detail-oriented, and independent.

Challenges:
Struggle with trust, test boundaries, and may hesitate to take responsibility for their actions.

What Do Foxes Need Most

- A Confident Leader: They respect someone with enough self-assurance to lead and guide them.
- Consistency and Patience: Foxes will test you but need you to keep showing up, proving you're reliable.
- Encouragement to Take Responsibility: Help them see that owning their actions empowers them to grow.