

“Things to assist growth, improvement & forward movement in  
**THE REBEL TEAM PROGRAM...**”

Please notice that the many traits that we are evaluating and working to build in our athletes, also translate and benefit them in other areas of life for the future and right now (friendships, college, graduate school, roommates, job, career, family, spouse, etc.)! Please note that we certainly understand that our athletes are young and learning but we also believe that these character traits are grasped better early in their development.

**For the Athlete...**

**Coach-ability;**

1. How well does the athlete *listen to & follow instructions*?
2. How well does the athlete *focus when it's work time? Self-discipline*?
3. How well does the athlete *take constructive criticism*? Do they welcome critiques from all coaches with eye contact & a response?
4. Does the athlete allow a *prideful attitude* to get in the way of their development & improvement?
5. Does the athlete *consistently attempt to make changes* when instructed? Does the athlete ask questions to better understand a technique or skill if/when needed?
6. *Is the athlete a "worker" or do they tend to do just enough to get by?*
7. *Is the athlete a "TEAM player" or is his/her main focus on themselves? Ex.* "Team first, Me second" attitude.
8. *Is the athlete a good teammate?* Do they give their best effort & attitude for the person/s next to them (their teammates).
9. Does the *athlete respect all authorities?* Parents, Grand Parents, other adults, teachers, coaches, etc.?
10. Do they respect and *follow the rules* put in place by LCN & The Rebel Program? **Ex.** Rebel Athlete Code of Conduct... Social Media, Ready for practice, etc.

**Skills;**

1. Athlete possesses the level appropriate skills safely and with good timing and execution... In Stunting, Tumbling & Jumps
2. Will the athlete make the team they're aspiring to be part of better from where that team was last season in at least one or more areas of the score sheet?
3. These are "Competition" Teams & yes THIS is a "sport":) LOL! ... So, does the athlete perform the skills better than their counterparts that they are competing with for that level/age/team etc.?
  - **Ex. 1** Is the athlete in the top whatever number decided by coaches with their skills for that level/age/team etc.?
  - **Ex. 2** Do they stunt (Base, B. spot or Fly) better than the others with like tumbling skills and abilities?
  - **Ex. 3** Do they bring something to that team that can benefit the team on the score sheet?
4. What are the past years coaches thoughts & comments about the athlete in the above areas and the parent areas below?

**For the Parent/s...**

1. Does the parent support the TEAM concept and do they instruct their athlete/s in this way?
2. Do the parents honor the rules put in place by LCN & The Rebel Program? **Ex.** Codes of Conduct. Lobby behavior. Practice Attendance and Competition Attendance/Report Times.
3. Do they honor the financial part of this activity?
4. Does the parent understand that their athletes attendance, effort & attitude does affect the other athletes? (those athletes experience, productivity, team improvement, etc.)
5. IF the athlete has missed an unexcused practice/s or had to be pulled from competition, for what reason did this occur?
6. In what manner are the parents dealings with the office staff and coaching staff?

*"Let all things be done decently and in order."* 1 Corinthians 14:40