Recipe For Teamwork

**T:** Train and practice as a team

**E:** Encourage each other over and over again

**A:** Ask your coach questions (all questions are good questions)

**M:** Motivate each other (pick up your teammate even if they are tired)

**W:** Winning isn’t everything (remember that!)

**O:** Open-minded (everyone has something great to bring to the table – respect each others differences)

**R:** Reassure your teammates (“It’s ok” “nice try” “great effort” “we got this” etc)

**K:** Knuckles! Don’t forget to “pound it” cheer and high-five!