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| --- | --- | --- | --- | --- | --- |
|  | 1Emerging | 2Developing | 3Effective | 4Proficient | 5Exemplary |
| **Performance Mindset** | Can focus when coach asks her to focus, needs reminding over the course of a practice or competition. Before games she seems ready to play. When presented with a challenge she can re-set.  | Comes to practices and games with her focus on lacrosse, the event, and her team. Is aware that her mindset affects her performance and asks for help when she gets worked up. She can pump herself up to appropriate intensity when asked to by a coach.  | Always focuses on the task at hand (warm up, defensive set, practice ect). Before games start she engages others. She appears calm and collected and/or fired up and engaged with her teammates at a healthy level without showing too much emotion (which likely will not be sustainable for 60 minutes).  | Mentally focused on the challenge ahead, has a vision of success, and is in her performance zone before every competition. Before the game starts she engages others and sets a positive tone. She avoids distractions, has appropriate intensity and hype levels to maximize performance. Has an alert and focused mind, controlled breathing, and is engaged in the moment.  | Zoom focused on the challenge ahead, with appropriate energy, mental state, and vision. She is a leader in her performance mindset, she commands a presence. Always comes into warm ups with the appropriate energy, focus, and hype and has the ability to pull team together and bring focus to team goals and objectives. She has mental mastery in all aspects of the game (no change in demeanor when winning, losing, dealing with challenge, errors, or uncontrollables) her mental tempo is consistently in the zone. She performs under pressure in big games and executes the game plan. |
| **Leadership** | Attentively listens to her coach and other leaders on the team. She works hard and sets a good example for others. Understands obstacles are a part of sports and is learning to keep challenges in perspective. | Makes efforts to assist the coaches in peripheral activities such as ball clean up, moving goals, etc. She is beginning to take more initiative in drills and practices, offering to go first or be used as the example. Is learning about and becoming more aware of what is in her control. With the guidance of coaches understands the importance of moving on from challenges. | She leads herself on and off the field, is reliable, organized, and confident. She is willing to help her coaches and teammate. She leads herself and controls the controllables, She moves through challenges, and is able to focus on her team’s success. | She sets a strong example, is assertive and confident. She leads others with her voice, attitude, and performance. She never complains and displays a caring attitude and loyal friendship to her teammates. She is resilient and is rarely affected by mistakes or challenges. She leads by example in all situations. | Is a leader in her performance during competitions and games, is a leader in team culture on a off the field. She is a leader in team chemistry, keeping the team connected even when they are not together. She connects with everyone on the team. She understands and displays selfless compassion, a caring attitude, loyal friendship and love to **every** member of the team. She is resilient, courageous, and committed to excellence. She leads herself and takes others with her. She is a trusted voice on our team. She never lets situations out of her control dictate her energy, focus, or attitude. |
| **Mental Toughness** | Developing a never give up attitude in practice. Is learning to move through setbacks and working on consistent energy, grittiness and competitive spirit. Is learning about playing her best game while under pressure. | Shows a never give up attitude in practices and encourages her teammates. Challenges herself even when the odds are against her. Has a strong awareness of the importance of playing her game under pressure and is developing mental toughness and grittiness.  | Shows consistent mental toughness, especially in the heat of competition. She encourages her teammates and gives maximum effort in difficult situations. She can push through setbacks and proves her grittiness in all challenging situations. | She is a spark to her team when they need it. She rallies her teammates and holds them steady when they need it. She is a do as I do leader who always shows max effort and composure in games. She is resilient, never gives up, and never takes a play off. During a setbacks or challenge she quickly focuses on what’s next. | She has the drive of a true champion. She is a spark to her team in all situations and can leverages the mindset of an underdog when needed and never plays down when her team is favored. She uses momentum moments to propel herself and her team forward. She is never out of the game, always believing her effort has an impact. She is strong, tough, and focused. Even in the most challenging situation she is focused and shows no fear, only confidence. |

Performance mindset

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4. Mentally focused on the challenge ahead, has a vision of success, and is in her performance zone before every competition. Before the game starts she engages others and sets a positive tone. She avoids distractions, has appropriate intensity and hype levels to maximize performance. Has an alert and focused mind, controlled breathing, and is engaged in the moment.
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