

TEAM BUILDING

Why Positive TEAM Building?

- To welcome new members and formalize their belonging
- To learn about teammates and build trust
- To bring individuals together in common pursuit
- To encourage mentoring and teamwork
- To increase motivation to perform
- To improve individual's self-confidence
- To develop leadership abilities
- To enhance relationships among teammates
- To promote a positive, winning team attitude

Characteristics of a Good Team

- High level of interdependence among teammates
- Each teammate is willing to contribute
- A relaxed climate for communication
- Teammates develop a mutual trust
- The group and individuals are prepared to take risks
- Group is clear about goals and establishes targets
- Teammates roles are defined
- Teammates know how to examine errors without personal attacks

ACTIVITIES (coaches participate!)

1. Orientation picnic!
2. Who Am I profiles – complete in orientation, and share throughout year.
3. Getting to know you cards – during team meetings, have each teammate write two skills (outside of athletic skills) on index card; share around the room.
4. Campus Quiz – can be reintroduced with new questions each month
5. Goofy Games- partner returning members with new members from different sports teams and hold a sports festival of non-varsity activities
6. Assign a S-A “fan” to email good luck message to every S-A heading into upcoming competition.
7. Reserve space at athletic competitions and have other S-A attend as fans in group;
8. List your ideas on back.