

**Saskatchewan Cycling Association
High Performance Program
Athlete Characteristics and Expectations**

General Traits - Attitude for gratitude – use of please and thank you, aware of surroundings – cleans up after self, recognizes help is needed and assists accordingly, type of person you enjoy being around, sense of humor, pays attention to details, lives in the “moment” and appreciates/makes the most of the opportunities afforded them, eliminates the I want it and I want it now attitude from their personality

“Low Maintenance Athlete” - Meets deadlines, follows directions, communicates honestly, strong personal accountability and responsibility – no excuses, recognizes the importance of the small detail and how it can be the difference between reaching your goal or not, finds solutions vs. making excuses, consistent support of team expectations & guidelines

Communication - Asks questions when unsure, looks you in the eye when talking with you, is able to carry on a general conversation when engaged, engages others to talk, in a group will try to involve everyone and not become the “look at me” person, communicates in a regular tone not a loud voice that again invites the “look at me” situation, able to communicate for themselves not through parents, friends, coaches or gossip

Unquestionable commitment to personal improvement - Consistent commitment to excellence, takes feedback and works to improve all identified areas, testing results improve steadily, level of fitness high enough to complete all tests, works on skills, and works outside their comfort zone

Competitiveness/Determination/Drive/Intensity/Work Ethic - Constant desire to excel in all situations, never gives up, fire in their eyes, size of heart, competes at everything all of the time, competes hard within the rules, is willing to take risks, consistently strong work ethic in all activities, works hard when no one is watching, does not cut corners, does not look for an easy way out, challenges self, works hard but has fun, is there because THEY wants to be

Coachability - Listens to instructions, receives feedback openly, seeks clarity and executes a change of behavior to the best of their ability, personally responsible for own performance, asks questions, admits errors, responds constructively to obstacle/challenges, respects coaching decisions publicly - understands how to question decisions privately

Mental Toughness - Not easily discouraged, rebounds from errors/poor performance, performs well under pressure, good emotional control-uses emotions in a constructive, positive manner, consistency of “toughness”, ability to remain focused on the task at hand, not easily distracted, takes responsibility for their own confidence

Discipline - Respects deadlines (i.e. being on time, replying to a request), controls temper, aggressive but composed, sticks to the plan, recognizes the importance of proper treatment of injuries and follows guidance given, nutrition, rest, makes good decisions which support their priorities, is not a “high maintenance” person

Reliable Team Player - Displays selflessness, puts team before self, remains positive, will accept & execute role, helps teammates understand directions, supportive and constructive with teammates, sportsmanship, balanced ego, a “real” person, is not a distraction to the team

Leadership - Leads by example, encourages others, respected by teammates, mature, displays an “in charge” attitude, enthusiastic, recognizes that “cliques” within a team are detrimental to team performance and works hard to get to know everyone, is good at making everyone feeling included, values all in a group.