

# BREBEUF JESUIT CROSS COUNTRY

## Training Camp 2009

### Levels of Character

Rank yourself in the following. Be honest. No one else will see this.

#### A. Practice

4. I frequently miss practice.
3. I often miss practice.
2. I rarely miss practice.
1. I never miss practice.

#### B. Focus

4. My focus is on socializing with the team.
3. My focus is on running with the team.
2. My focus is on improving my ability.
1. My focus is on reaching my potential.

#### C. Pain

4. I avoid pain.
3. I tolerate pain.
2. I accept pain.
1. I overcome pain.

#### D. Attitude

4. I reflect a negative attitude.
3. I reflect a neutral attitude.
2. I reflect a positive attitude.
1. I promote a positive attitude.

#### E. Goals

4. I am motivated by the desire to be accepted.
3. I am motivated by what my peers and coaches think.
2. I am motivated by my own goals.
1. I am motivated by my team's goals.

#### F. Group

4. I strive to be part of a team.
3. I strive to be varsity.
2. I strive to be part of a core leadership group.
1. I strive to be part of a sisterhood/brotherhood.

#### G. Priorities

4. Cross Country is a low priority.
3. Cross Country is a priority.
2. Cross Country is **my** priority, after faith, family, and academics.
1. Cross Country is my **top** priority, **only** after faith, family, and academics.

H. Nutrition

4. I'm not really a serious runner, so I don't care what I eat.
3. I'm a runner. I can eat whatever I want, because I have high metabolism.
2. I'm a runner. I have bad food occasionally, but I'll burn it off in practice.
1. I'm a runner. I know that what I eat affects my performance on a daily basis.

I. Racing

4. I avoid races.
3. I dread races.
2. I am anxious about races.
1. I anticipate races.

J. Stretching, drills, abs, lifting, and icing...

4. These are wastes of time.
3. These can help if I'm hurt.
2. These are important but not as important as running.
1. These are essential and are as important as running.

K. Sleep

4. I let Facebook and my cell phone dictate my bedtime.
3. I let my hobbies and schoolwork dictate my bedtime.
2. I set a bedtime that I make exceptions for with schoolwork.
1. I utilize my time before school and in school to make my bedtime each night.

L. Training

4. I train for Cross Country during the season.
3. I train for Cross Country during the summer and season.
2. I train for Cross Country during the summer, season, and winter.
1. I train for Cross Country throughout the entire year, running the 1600m and/or 3200m in track.

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• Now, add up the values and record the number here. \_\_\_\_\_

Level 1: 12 pts      Level 2: 24 pts      Level 3: 36 pts      Level 4: 48 pts

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1. What were the 2-3 aspects that you can identify as strengths?

2. What were the 2-3 issues that struck you as weaknesses?

3. What steps could you take to improve upon these weaknesses?