



Competitive

Cooperation

Created for the Hornet Swim Club

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Let's Talk About TEAMS

What is a team?

What makes a successful team?

What makes an unsuccessful team?

What makes YOUR team?

Things that Make it Hard to Be a Good Team Member

- Talking bad about other team members
- Focusing on what went wrong
- Acting like you are better than someone else
- Focusing on yourself only
- Not listening to other swimmers or coaches
- Focusing on the uncontrollable

Things that Make it Easy to Be a Team Member

- Talking positive to other teammates
- Talking positive about other teammates
- Talking about what went RIGHT, no matter the outcome
- Talking it out - conflict happens, how should you handle it?
- Focus on your goals, but also the goals of others and the team
- Focus on the things you can control

Conflict Happens...

- How do you deal with conflict?

Constructive Conflict

Eight Handy Dandy Tips!

1. Begin with agreement
2. Confront because you want to work it out
3. Attack the problem – NOT the person
4. Handle Individually
5. Keep control of yourself and emotions
6. See it from their side
7. Don't discuss the problem with anyone else
8. Stick to the point

How to Make it Work

- Get to know members of the group
- Help members whenever possible
- Give positive reinforcement
- Be responsible
- Communicate honestly and openly
- Resolve conflicts immediately
- Give 100% effort at all times

Cooperative Competition

Working together helps EVERYONE!

- Why do you think that is?
- What are the *team goals*?
- What are your *individual goals*?
- Does having individual goals mean you can't have team goals?
- What does it mean to be competitive?
- What does it mean to cooperate?

TRUE LIFE EXAMPLE!

Scientifically Proven!

A Tale of Two Sailing Teams

- Two sailing teams competing for Olympics
- Instead of practicing alone, they worked together – sharing ideas, techniques and encouragement
- The teams performed BETTER than teams working alone! They placed 1st and 2nd in the Olympic Trials...

References

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- Murphy, S. (2005). *The Sport Psych Handbook*. Champaign, IL: Human Kinetics.
- Weinberg, R.S. & Gould, D. (2007), *Foundations of Sport and exercise Psychology*. Champaign, IL: Human Kinetics.