**Resistant:** complain about coaches, teammates, workouts, conditioning team rules, pull against the goals of team  
**Reluctant:** half effort, wait and see attitude, skeptical, hesitantly do what is asked, not bought in totally  
**Existent**: are there in body but not in mind or spirit, show up but give little, apathetic toward team, go through motions  
**Compliant:** will do what is asked by coaches and leaders, do just enough to get by, have to be pushed to start  
**Committed:** go the extra mile, self motivated, take initiative, will do right even when you aren’t watching  
**Compelled:** higher standard people, no matter the adversity they are there 100%, prepare, train and compete at highest level

\*\*\*NO TEAM HAS EVER WON A CHAMPIONSHIP WITHOUT 85% of the players being Compliant, Committed or Compelled.