

Emotional Tanks

For us to succeed as a team and have a lot of fun together this season, we want to fill each others' Emotional Tanks. An Emotional Tank is like a car's gas tank. When it's empty, we go nowhere, but when it's full, we can go anywhere. People with empty tanks become negative and give up more easily. But with full tanks, we stay optimistic and can handle difficult situations. As coaches, we will do our best to help fill your Emotional Tanks. Here are some of the ways we will do that and some of the ways you can help keep your teammates' tanks full:

- Tell teammates when we see them do something well, or when we see them giving maximum effort, even if they do not win the race.
- Tell teammates when we see them improving. That will help them continue trying hard to improve even more.
- Listen to teammates when they have ideas to share.

Let's try to avoid draining each others' tanks. If your teammates make mistakes, they know it, and they feel badly. If you criticize them for mistakes, you make them feel worse, and they're more likely to make more mistakes.

This will be a great season if we keep our Emotional Tanks full.

