TEAM BUILDING

Why Positive TEAM Building?

▫ To welcome new members and formalize their belonging
▫ To learn about teammates and build trust
▫ To bring individuals together in common pursuit
▫ To encourage mentoring and teamwork
▫ To increase motivation to perform
▫ To improve individual’s self-confidence
▫ To develop leadership abilities
▫ To enhance relationships among teammates
▫ To promote a positive, winning team attitude

Characteristics of a Good Team

▫ High level of interdependence among teammates
▫ Each teammate is willing to contribute
▫ A relaxed climate for communication
▫ Teammates develop a mutual trust
▫ The group and individuals are prepared to take risks
▫ Group is clear about goals and establishes targets
▫ Teammates roles are defined
▫ Teammates know how to examine errors without personal attacks

ACTIVITIES (coaches participate!)

1. Orientation picnic!
2. Who Am I profiles – complete in orientation, and share throughout year.
3. Getting to know you cards – during team meetings, have each teammate write two skills (outside of athletic skills) on index card; share around the room.
4. Campus Quiz – can be reintroduced with new questions each month
5. Goofy Games- partner returning members with new members from different sports teams and hold a sports festival of non-varsity activities
6. Assign a S-A “fan” to email good luck message to every S-A heading into upcoming competition.
7. Reserve space at athletic competitions and have other S-A attend as fans in group;
8. List your ideas on back. . . . .