

## Loyalty Building Exercise

“...at the suggestion of our sports psychologist, Dr. Nina Elliott, we held a team meeting in which all of the players and coaches brought in pictures of their families. We sat together and showed our pictures and talked about our parents and brothers and sisters, and described how we grew up. Some of us cried. At the end of that meeting, we all knew each other a lot better. We had created a support group.”

- **Pat Summitt**