



*Remember previously the example of how Kellie Jolly wrote messages on her shoes, wrist band, headband, etc.? If a player needs reminders to help them with their attitude, effort, and/or actions, encourage your players to do so.*

*“Some of our players actually write ‘Sprint’, and ‘Refocus’ on their gear. We put it on their socks, or on their tape, or on their wristbands, to remind them not to have a letdown.”*

*- Pat Summitt*