

LEADERSHIP...

LEADERSHIP QUOTES

- To be a leader, you have to make people want to follow you, and nobody wants to follow someone who doesn't know where they are going.
- Leadership is the sum of those qualities of intellect, human understanding and moral character that enables a person to inspire and to control a group of people successfully.
- Her teammates look at her and realize in an instant she knows where she is going. She becomes a leader because her teammates, who want to go in the same direction, follow her.
- Leadership is a matter of having people look at you and gain confidence by seeing how you react to a given situation. If you are in control, they're in control.
- You can't tell someone to go out and be a leader. You become a leader by doing. So, if you want to lead, go do it.
- Today's high school students will be the leaders of tomorrow. To be a good leader, you must be honest, responsible and willing to put the interest of everyone before personal gain.
- Contrary to the opinion of many people, leaders are not born. Leaders are made. And they are made by effort and hard work.
- Leadership is the ability to get people to do what they don't want to do and like doing it.

LEADERSHIP IDEAS

No great leader ever sits around thinking, "What do I have to do to become a leader? What books should I read or who can I imitate? What can I say that will make others want to follow me?"

Lead is an action verb, which simply means that you "do something" first. . . Leading is Doing: not "talking" or "informing", "berating", or "complaining".

Chances are, you do have very good leadership potential.

Some people are born leaders; most are not. How well you lead depends on a great many things - some of which you can control. In all cases, you can learn to be a better leader. To do so, you must be willing to listen, watch and practice.

RULES OF SUCCESSFUL LEADERSHIP

FOCUS ON THE CHALLENGES

Focus simply means knowing what's most important at the time and concentrating your FULL ATTENTION on either solving the problem or meeting the challenge.

As a student/athlete, you have many things to accomplish. On the practice rink, your focus is on setting an example for hustle, positive attitude and a tireless work ethic.

Leadership

During the game, your focus should be different. You pay complete attention to the game and what's happening in the locker room before, during and after the game. You want to be totally committed to what is happening in the present moment.

You must add energy to your teammates on the bench, and in the locker room.

Focus also pertains to winning. An important component in our success will be to have a winning, positive attitude at all times. To be a winner, you must first believe you **WILL WIN**.

CULTIVATE AN AIR OF DETACHED INVOLVEMENT

Detached Involvement? Sounds contradictory. Well, it can be. If leadership was so easy, there would be more good leaders in this country.

A leader must, above all else, establish a personal and peer relationship with her teammates, without giving away an inch of her power. It is not an easy task to accomplish.

The difficult part to understand is that you are not only one member of the team, just like everyone else, but you are one of the leaders. You will have to work just as hard, if not harder than, the other players. You will have to project a confident attitude in the face of adversity. You will have to convey an attitude of "we can do this together", when everyone else might be thinking they can't.

Your confidence in your team's ability to overcome adversity will set the tone for your practices and our games. Your physical composure will influence others. If you sit up straight, keep your chin up and communicate with your eyes on your teammates, your composure will have a positive effect on the team chemistry.

If you lose your composure, slouch on the bench, hang your head and keep your eyes downcast, your negative feelings will have a negative impact on the team.

How you carry yourself, and how you see yourself, will have an effect on the entire team. You can send a message as the team's leader without saying a word. It's important for you to send the proper one.

NEVER LOSE THE COMMON TOUCH

A BOSS says GO! A LEADER says, "Let's Go!"

See the difference? We are all in this together. Being a leader doesn't mean you come above your teammates in anything. The JV, your Parents, your Coaches all deserve to be treated with the same amount of respect.

The "common touch" refers to the fact you should never think you deserve something more than anyone else. You should treat others as you would want to be treated yourself. We're all in this together.

BE TRUE TO YOURSELF, BY BEING REAL

We live in an age where compromise is the norm. Everyone wants to be liked. Many change their views, and opinions, to suit the situation, or the person they're trying to impress. "To get along, go along" is a common phrase today.

Leadership

In order for leaders to be effective, you have to be “real”. When things get tough during the season, don’t waver from being yourself, don’t waver from being who you are and stand up for what you believe in.

You should respect others, and their beliefs. You don’t go with the crowd because it looks like fun, or maybe it’s easier to go than to say no. You make good, smart decisions that are consistent with the values you know are right.

As a team leader, you will be tested by some until you have sent a strong message that you won’t compromise your beliefs. If a group of players, who are up to no good, can get the Leaders to go along with them, your participation will validate their lack of commitment to your team.

You will need to have the strength of your beliefs to concentrate and not get sucked in by the negative distractions that occur during the season.

Are you strong enough to lead... or do you just follow?

GOOD LEADERS MUST FIRST BE GOOD FOLLOWERS

To generate loyalty from your teammates, you must deserve their loyalty. To deserve their loyalty, you must be loyal.

Loyalty is a two-way street. You must be loyal to your team, teammates and coaches, if you expect them to be loyal to you.

REMEMBER: THE LITTLE THINGS COUNT!

If you help someone with her homework, or spend time working with a younger player understand a drill, or on her shot, it will make a huge difference in how you are viewed by your teammates.

KEEPING CONFIDENCE is also a part of loyalty. You don’t just tell anyone about things that go on at a practice, on the rink, or in the locker room. Hockey has its share of conflicts... sometimes they’re personal and very painful. Oftentimes you will be tempted to tell others for laughs, or just because it feels good to know something that someone else doesn’t. But, it’s no one else’s business.

Respect your coaches and be loyal to your teammates. As a leader, there are few things you need more from your team, than their loyalty.

PROPER COMMUNICATIONS ARE IMPORTANT

Take charge by giving **CLEAR AND EASILY UNDERSTANDABLE ORDERS.**

Leaders need to both give and take orders. You are an important communication link between the coaches and your teammates. Your ability to efficiently, simply and calmly explain things to your team is a must.

Your ability to communicate with others is an important skill you will need to use the rest of your lives. How you communicate - with accuracy, crispness, confidence and control - will make the difference.

MAINTAIN YOUR COMPOSURE

Your power as a leader can stay in shape without exercising it all the time.

Leadership

There will be situations which require you to stay in the background, and let it happen, or else you will need to rely on someone better suited to take over - like your coach, or one of the other leaders on your team. It's very important to back off and trust your leadership will be respected even more by not stepping in. There are times on the ice when actions are all that are necessary; or a look, or glance will motivate your teammates.

Most people get tired of a constant barrage of words, no matter how well you say them. Don't be so loud all the time as to make it impossible to raise your voice to drive home a point. Your self control in times of stress will say a great deal about your leadership skills.

How you respond to this situation says a lot about you:

It's a very close game, and all eyes on the rink shift to you when your goalie allows a weak goal at the wrong time. Your reaction to this is very important. Will you turn away, throw your arms up in the air in disgust, slam your stick on the ice, and then hang your head? Or, will you skate to your goalie, pat her on the head, rally your teammates around her, skate to the bench and encourage the next line to get the goal back and so on?

KEEP IT IN PERSPECTIVE

Don't lose sight of the fact this is only a game. When we lose, maintain your composure, self-control and sportsmanship. Win with Class, Lose with Character!

Don't let the joy of the competition be replaced by the pressure of the competition. Remember your reasons for playing the game in the first place.

LEADERSHIP CAN BE LONELY

When you apply all of these leadership strategies, being a leader, can become a lonely business. Everything is tougher when you are a leader. More people will be watching you on and off the ice.

Teammates who envy you may either work hard to compete with you, or they may try to criticize you behind your back and pull you down to their level.

For all of these reasons, you need the Loyalty and Confidence of the other leaders on your team and the coaches of your team. When you and the other leaders show a united front, being a leader becomes much more tolerable.

Being a leader can be lonely, but it can also be one of the most rewarding experiences you as a student/athlete will ever have. Good leaders are spoken of highly by their Coaches and Teammates.

Your leadership will set the tone for the kind of leaders which will emerge within your program into the future.

Imagine you are at the season ending banquet. Someone is going to be giving a speech about you and your contributions to your team's efforts this year. What do you want that person to say about you and your contributions as one of the team's leaders?

AS A LEADER, YOU WILL HAVE AN IMPACT ON THE KIND OF EXPERIENCE YOU, AND YOUR TEAMMATES, WILL HAVE THIS SEASON.

SEIZE THE MOMENT! EMBRACE THE LEADERSHIP ROLE!

HAVE A GREAT SEASON!