

## ***April Building Block: Team Spirit***

*The main ingredient of stardom is the rest of the team  
~John Wooden~*



*The **team** comes first, I must confide.  
I'm always eager to help the pride.  
I'll sacrifice my own desires  
And do for them what is required.  
Your **team** is part of who you are.  
But don't forget, the **team's** the star.  
You help, support, and then you cheer it.  
To find **SUCCESS**, show strong **TEAM SPIRIT**.  
(Excerpt taken from the book,  
*Inch & Miles: The Journey to Success*)*

### **Knowing the Meaning of Team Spirit**

Coach Wooden believed in **team spirit**. He believed that every person on a team is of importance and no player is better than another. His belief can be seen in this story:

Coach Wooden led a team of players who were invited to play in the National NAIA Tournament. There were twelve players on his team, one of whom was African-American. At this point in history, the NAIA didn't permit African-American people to play, so Coach Wooden refused the invitation to the event. He would not leave one of his

team members behind. The following year, his team was invited to the Tournament again, and the same player was on the team. Coach Wooden refused the invitation again, but the player's parents wanted the team to go. Coach agreed, but only if the player could come along. The player couldn't participate in the game, but he did come along to watch. Coach Wooden made every effort to make sure that the team, including the teammate who couldn't play, stayed together, and he did whatever was necessary to make that person know that he was just as important as every other player on the team.

Coach Wooden included the character trait of teamwork in his Pyramid of Success because we can't reach the top alone. **We all need the support of others in order to reach our personal best.** Coach Wooden knew that with the support of a team behind us, we can all be successful!

### **Keeping the Family Team in Play**

As children grow and schedules become busier, the cohesion of a family can dissipate. However, a strong family base is important for children's self-esteem and sense of security.

#### **Keep your home team strong by trying some of these fun activities:**

- **Have a family chore day.** Write down some large chores that your family needs to tackle and put them in a jar. Divide your family into teams and have each team choose a chore. Create a little friendly competition by seeing who can complete their task first. The winners can be served dinner by the other team(s).
- **Plan a games night.** Take out a deck of cards, old board games, or puzzles, and pop some popcorn. Then settle in for a night of family fun.
- **Take a walk down memory lane.** Look at old photographs as a family and reminisce about the pictures. You may even want to use this as an opportunity to write down memories and include them with the photos.

#### **A journey is really just a lot of small steps. Start by taking these steps with your family:**

1. Encourage your child to try out for a new team sport. Check out the local community center or after-school programs for ideas.
2. Be active with your child. Try creating a family games night. Play games that include some sort of physical activity.
3. Check out your local parks and trails. Nature walks are a great way to enjoy fresh air and learn about plants and wildlife.

4. Teach your child the importance of saying sorry. Coach him or her how and when to apologize and remember to set an example by apologizing for your own mistakes.
5. Acknowledge the good. Point out instances when your child is cooperating with others in order to reinforce his or her positive behavior.
6. Make everyone a winner. Teach your child ways to look for solutions to problems that benefit everyone.



Source: Premier, a member of the School Specialty Family