

TALKING POINTS

by POSITIVE COACHING ALLIANCE

WEEK TWELVE: END WITH A FLOURISH

- A Triple-Impact Competitor® has staying power. As the end of the season approaches there is a tendency to let up, but a Triple-Impact Competitor works hard to End with a Flourish.
- Ending with a Flourish means playing with as much enthusiasm as you had when you started the season. It means making the extra effort – leaving it all out there – to make good things happen for your team as the season ends.
- This season will end soon and become part of your personal history. Even if you return to the team next year, it will be a different experience with different people. So take the time to really be present and ENJOY it while you can.
- Look around during practice. See what your teammates and coaches are doing. Try to stay hyper aware of what is going on around you and work hard in practice and in games.
- Take time to thank your coaches and teammates who have helped you during the season. Expressing appreciation to people who have helped you is a big part of being a Triple-Impact Competitor and fills the E-Tanks of teammates, which makes them better.
- Try to burn this experience into your memory so you will look back on it as you mature into adulthood feeling like you gave it everything you had.
- Ending with a Flourish is a way of saying “Thank you” to your teammates, your coaches, the season, and the experience itself.
- In the years to come, as you look back on this season your feelings about it can be positive or negative or both. But if you make the effort to End with a Flourish, you will be able to look back with no regrets knowing you did everything you could to make it a memorable season.

Discussion Points

- **How will you feel about this season in the years to come?**
- **Will you feel better about it if you make the effort to End with a Flourish?**
- **What are one or two things you can do to help you and your team End with a Flourish?**

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