1. ***Be trustworthy.***- When I work with teams, one of the things I am trying to help them do is build trust. With team sports, trust and respect are linked closely together. It's more difficult and less satisfying to work for someone that you don't respect and you don't trust. If you want to build trust on your team, start by being trustworthy. When you're teammates don't slack off and do what they say they are going to do, you know you can trust them so make sure you are doing the same.
2. **Fight for each other's success.** -  It's easier to fight for your teammates success when you know that your teammates value and appreciate your role on the team. One of the greatest parts of the video is hearing how Lauren's teammates appreciate and value her role on the team and understand her role in their success. If you want to make sure that your role is appreciated and valued then you need to make sure that you are appreciating and valuing the roles of your teammates. If you don't want to be a team player, don't be on a team sport. There is a balance between taking care of yourself and taking care of your team and you need to be able to do both. When you can get to that place where you truly believe that your teammate's win is your win, then you have a team.
3. ***Be honest***. - You are not doing your teammates any favors by not calling them out and not being honest. It can be difficult to do, but if you are sincere in your dealings with people, then they will listen when you have something to say. It takes courage to be the person that calls out your teammates or to be the one that says something that goes against the grain. If you show your teammates respect and they know that you have their best interest in mind, then they will listen to what you have to say. They may not enjoy the conversation, but it will sink in. It might be uncomfortable for everyone in the short run, but in the long run it can make you a better team. Before you can be honest, you have to be able to communicate. (And you have to be honest with yourself about your ability to communicate!) I'll talk more about that in the next post!
4. ***Your teammates are people too.*** - Don't forget that your teammates exist outside of your team. Athletes need to know that they are valued outside of their sport too. You don't have to be best friends with all of your teammates, but it doesn't hurt to ask them about their life outside of their sport every once in a while.