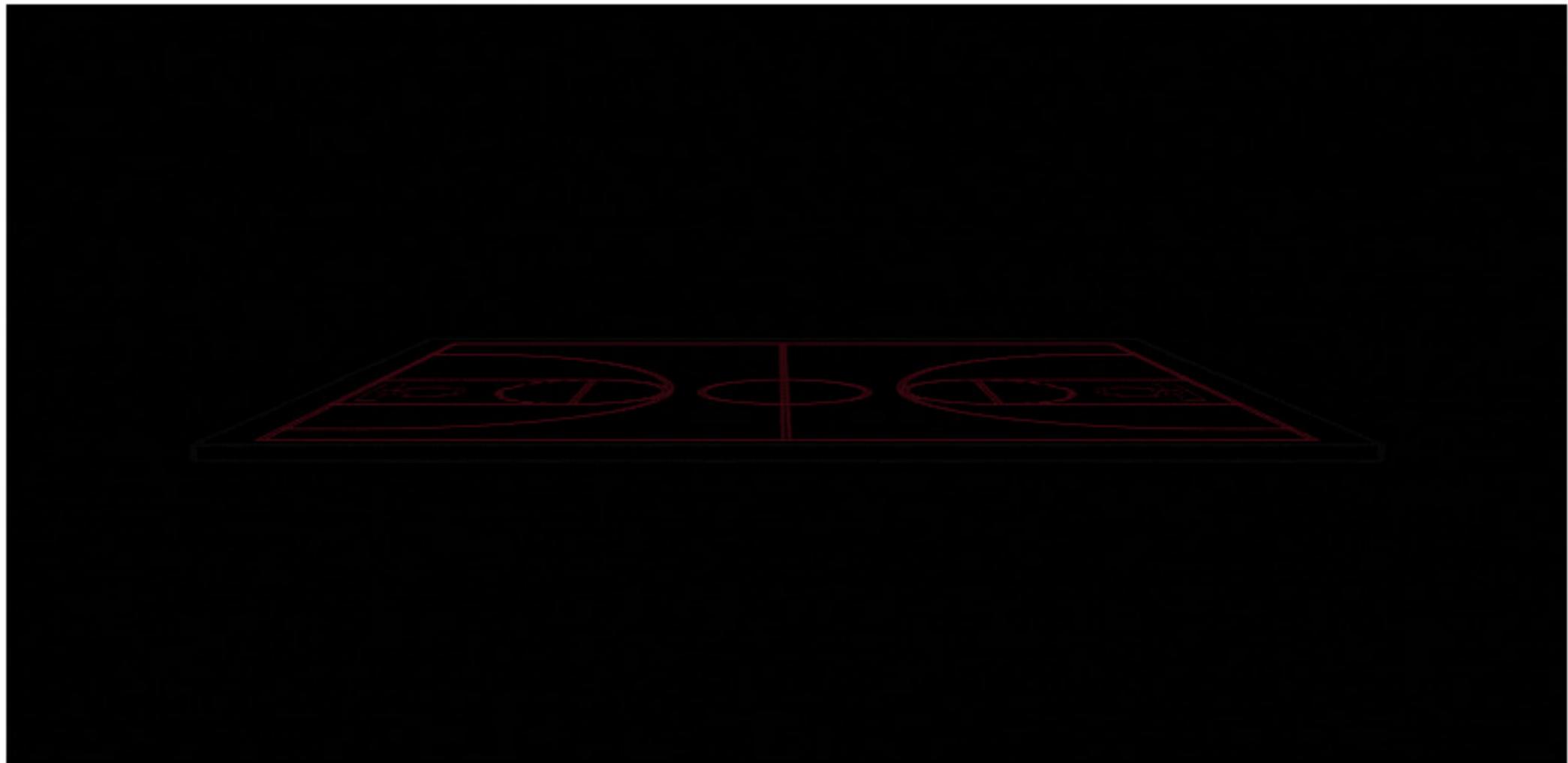


Ravenwood Basketball



Self Worth



OUR WORDS

Wismar, Brock	OKAY
Caudill, Brooks	BODY LANGUAGE
White, Braden	ATTITUDE
Brent, Issac	RESILENT
Chaudhari, Jayden	LAZY
Moore, Blake	SOFT
McCarter, Will	GRITTY
Stallings, Dallas	SCRAPPY
Stepan, Sam	FARTHER
Higenbotham, Graham	FORGET
Broughton, Thomas	MINDSET
Brown, Brooks	SERVE
Nava, Matt	LEADER
Brown, Danny	BUSINESS MAN

Cadet, Drake	EFFORT
Moss, Canon	LAZY
Allen, Parker	TIMID
Green, Asher	PURSUE
Hickey, Max	PATIENT
Anderson, Caleb	PHYSICALITY
Erickson, Tyler	SMALL

Rowan, Ben	COMPETE
Ruane, Brayden	IMPROVE
Taylor-Fleming, Wesley	COMMITMENT
Collier, Garrett	TOGETHER
Fong, Jacob	EFFORT
Quarles, DJ	FAITH
Gentry, Tristan	EFFORT
Fletcher, Charlie	HUSTLE
Roberts, Heath	HUSTLE
Rothrck, Coy	DETERMINATION
Ruane, Brayden	IMPROVE
Femia, Peter	HUSTLE
Taylor-Fleming, Wesley	COMMITMENT



10 Phrases Young Athletes Need to Hear

By Greg Berge

Being an athlete today isn't always easy. The "car ride home" can be tough for young athletes, and what we say as parents makes a big difference. Here are 10 phrases every athlete needs to hear.

1: "I LOVE WATCHING YOU PLAY"

There's no judgment or criticism here. Ultimately, this is all you need to say.

Why it matters: Creates a safe, supportive environment for your child.

2: "I BELIEVE IN YOU"

Want to build confidence? Tell them you believe in them. They need to hear this from adults.

Why it matters: Confidence comes from knowing others believe in you.

3: "DO YOUR BEST"

We're all different, with unique skills. All we can ever do is our best.

Why it matters: Encourages effort over comparison.

4: "BE GREAT AT WHAT YOU ARE GOOD AT"

Focus on strengths and define your role on the team.

Why it matters: Builds confidence and clarity in athletes.

5: "LOVE YOUR TEAMMATES"

The joy of team sports comes from caring about your teammates.

Why it matters: It builds trust and camaraderie on a team.

6: "NEXT PLAY"

Move on quickly—whether it's a mistake or a great play. Composure matters.

Why it matters: Teaches resilience and focus.

7: "MAKE MEMORIES"

A season flies by. Live in the moment and cherish it.

Why it matters: Reminds athletes to enjoy the journey.

8: "PASS THE MIRROR TEST"

At the end of the day, can you look in the mirror and say you gave your best?

Why it matters: Builds integrity and self-accountability.

9: "LEAD BY EXAMPLE"

Show up on time, work hard, and bring positive energy. Leadership starts here.

Why it matters: Actions inspire more than words.

10: "LEAD OUT LOUD"

Once you lead by example, take it further—encourage and hold teammates accountable.

Why it matters: Combines action with communication for impactful leadership.



Drew Maddux ✓ @DrewMaddux · Jul 5



The words you speak to yourself are building the life you live.
Your self-talk isn't just noise—it's coaching, whether you realize it or not.

Every time you say,

- "I'm not good enough..."
- "I always blow it..."
- "I'm not a leader..."

Your mind doesn't just hear it—it believes it.

And it starts to build around that belief.

I would tell my players:

"What you repeat becomes what you believe. And what you believe becomes who you become."

If you want to change your mindset, start by changing your words.

Speak truth. Speak life.

Tell a better story—and tell it until your heart catches up.

Let's be the kind of leaders who speak like champions—because that's who we're becoming.

One word at a time.

**"What you repeat becomes what
you believe.
And what you believe becomes
who you become."**

- Coach Drew Maddux

Find Your Program

Or browse by

Browse [our programs](#)

Home / Online Bachelor's Programs / BS in Psychology /

How Positive Self-Talk Can Make You Feel Better and Be More Productive



Research in positive psychology points to the benefits of positivity.

SHARE THIS PAGE



You can do it. You're strong. You've got this. Those are the kinds of encouraging

<https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/how-positive-self-talk-can-make-you-feel-better-and-be-more-productive>

When facing our own challenges, the inner dialogue is often very different. *I'm a terrible public speaker. I take too long to write these reports. Everyone in this class is so much smarter than I am.* Suddenly, the compassion we so naturally and generously extend to others seems to evaporate.





YOU WERE
CREATED TO BE **MORE**
Video THAN A PLAYER

#getBETTER101: You Were Created To Be More Than A Player

I. Stop Competing for Awards That Don't Exist

Awards that do not exist and you're trying to win anyways:

- Most perfect.
- Never said no.
- Rested the least.
- Didn't need help.
- Worked the longest.
- Didn't make any mistakes.
- Lived up to everyone's expectations.

News Flash: there's no award at the end of this race.

- None for best people-pleaser. None for being perfect. None for working the longest.
- None for never making mistakes. None for meeting everyone else's expectations instead of following your own dreams.

Remember it's your life to create. Do it with intention.

Source: Charlotte Grimmel, @themindfriend

The Burnt Toast Theory

Every time you burn your toast, miss an exit, miss your flight, or get stuck in traffic, you're actually being delayed for a reason. You are being redirected to a different path. What feels like an inconvenience is actually protecting you from something unseen. Even if you don't get where you wanted to go, you will always end up where you are meant to be. Trust the process.





Raptor Bites

- Workouts Wed 3-5 pm, Open Gym Thursday 5-6 pm
- Email/Phone Fundraiser next Tuesday 3-3:30. FCA meeting after
- Next Culture Meeting Tuesday, Sept 2nd 3-4:15 pm
- Community Service Sat. Aug. 23rd 9-11:30 am. **Wear Camp T-shirts**
- Player Gear Orders due in my office by end of the day tomorrow.
- Wooden Box!!!!!!

