

**Spartan Baseball C-3 Character Challenge 2016**

# SPARTAN BASEBALL

## C-3 AWARD

### CHALLENGE PACKET 2016

PLAYER NAME \_\_\_\_\_

**C**HARACTER

**C**OMMITMENT

**C**OMMUNITY

The following pages contain 10 "Challenges" for your character.

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These 10 “Challenges” might take you anywhere from a few minutes, to a few days to complete.

The challenges focus on the “8 essentials”, or simply 8 core values that we maximize when we are being the best people we can be.

Each one of you aspire to play baseball. Please don't fool yourself into thinking that baseball defines you. Baseball is merely a place you give your time, and use to make obvious what you stand for. The question is... **what DO you stand for?**

Baseball is fun, challenging and worthwhile, but please don't be mistaken... It's my paramount hope that each of you **become a good man**, not simply a productive player for SHS baseball. I want you to develop the values it takes to be a great husband, father, man and general person. That means within this program, in these hallways AND into your life beyond this place.

I don't expect you to not make mistakes here at SHS and in life, simply to **always strive to be better**. That's what this is about.

Each player who completes the challenge will receive a helmet sticker with the background logo for their batting helmet, and a T shirt that labels you a “C3 player”. Packets are due by Friday March 4<sup>th</sup> at practice. Congratulations on taking the challenge, and I hope you see it to the end. Good luck.

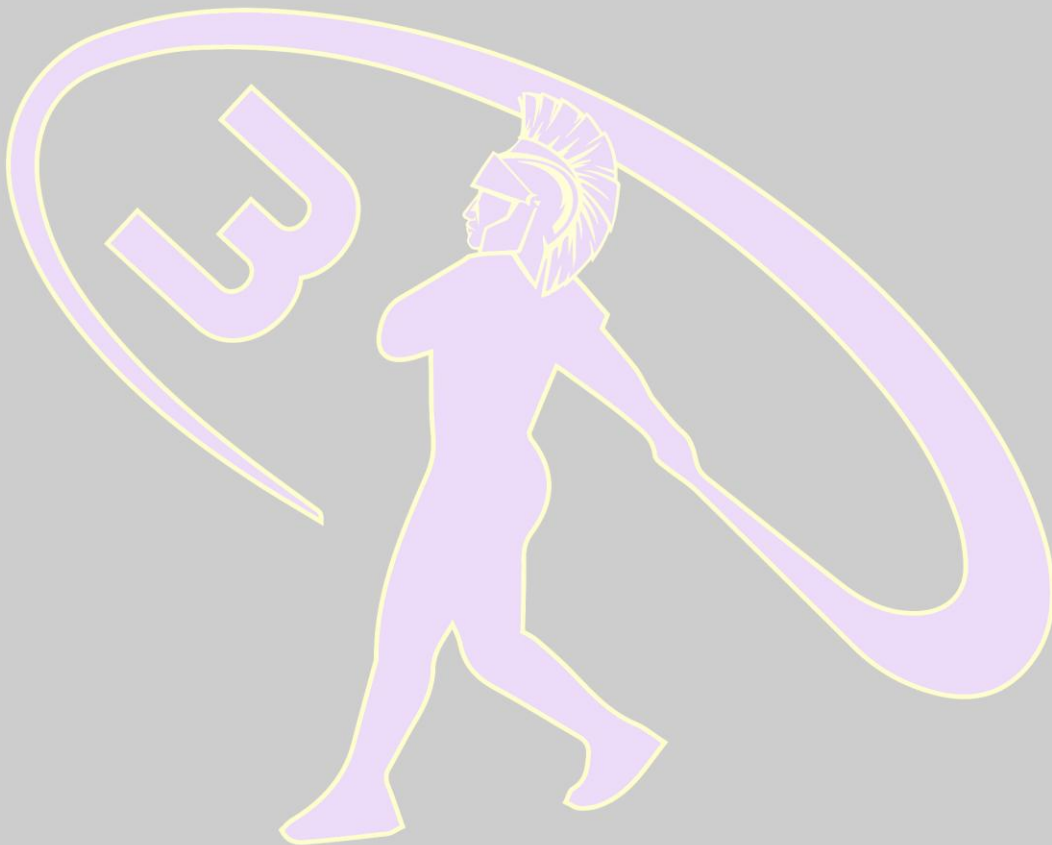
- Coach Adcox

**Dare 1: Commitment & Selflessness.** Pick a friend or teammate that needs assistance meeting a goal, or getting through a challenging time. **You do not**

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**need to tell this person why you are getting involved.** This could be help with school work, baseball skill, or an issue with life. Think of a way to approach them, or support them. Create a plan. Make your planned help intentional and REAL. Try to have **two** different ways you are going to support. **Document:**

- 1) **The issue you were trying to help with (your choice to name WHO is was)**
- 2) **What you planned to do to help or support**
- 3) **What actually happened after doing it? Did you follow through? Did it help? Was there a change?**
- 4) **How did doing this dare make you feel.**

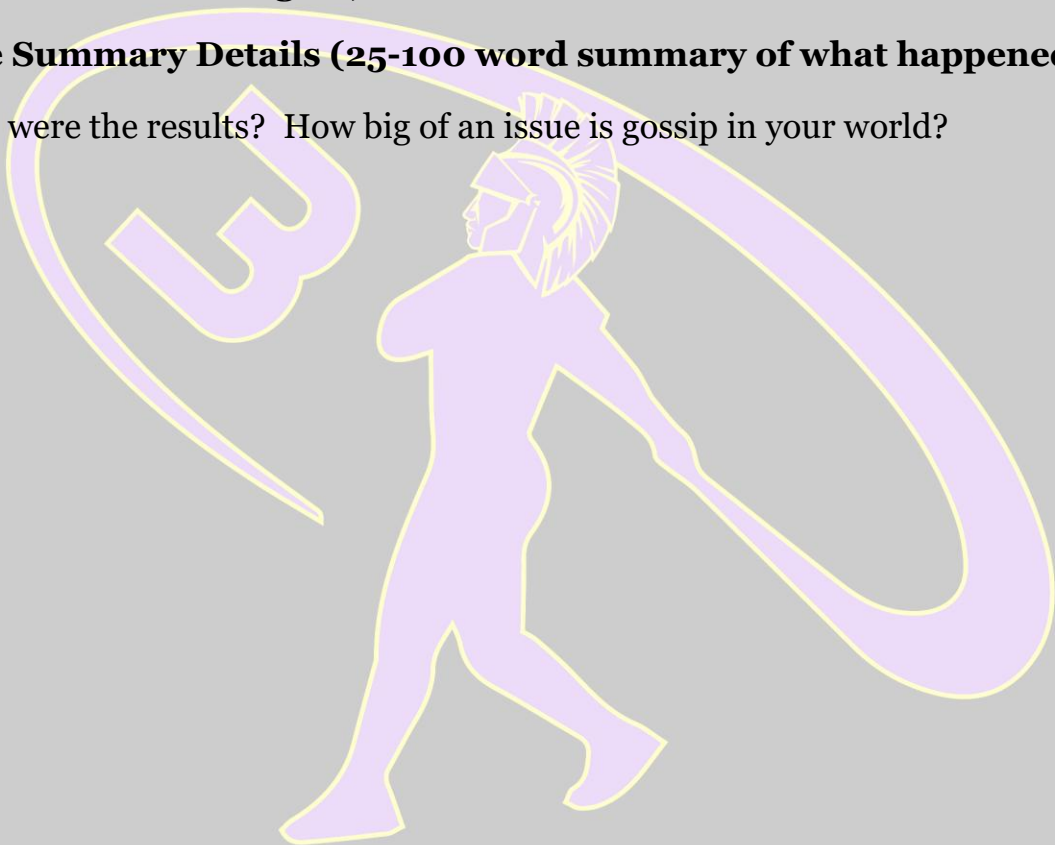


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**Dare 2: Honesty & Respect.** The challenge for you is to honestly look at the role gossip is playing in your life. For **three days** (yes, 72 hours) keep a tally on one hand of how many times you gossip about others or speak negatively about another person, and on your other hand, keep a tally of how many times your friends do the same in your presence. You may have to keep a pen in your pocket and go over the tallies more than once so they don't fade! If your parents question the tallies on your hands, tell them that you are changing your negative behaviors by becoming more aware of them and that bad habits must be corrected 25 times in order to change them. Regardless, you need to set your mind to noticing gossip for three school days. Gossip is a negative habit that is keeping you from being the best teammate, leader and person you can be. **Focus on others' strengths, not weaknesses.**

### **Dare Summary Details (25-100 word summary of what happened):**

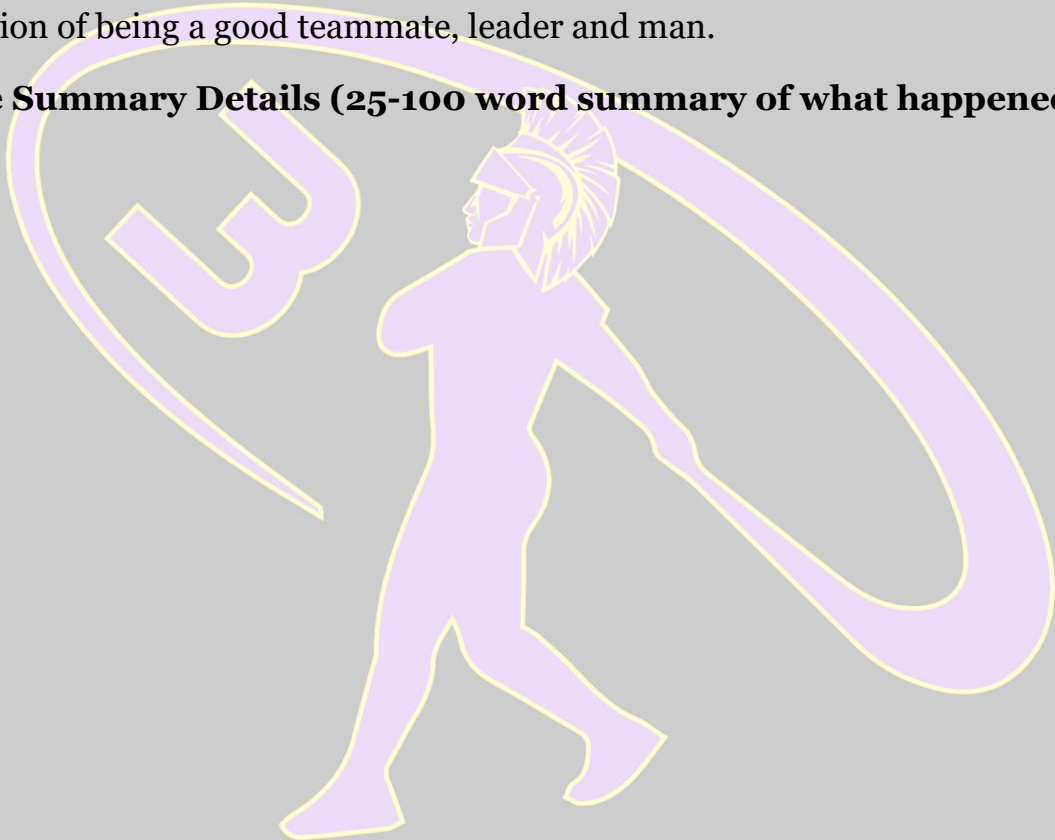
What were the results? How big of an issue is gossip in your world?



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**Dare 3: Patience & Commitment.** We change the dares every year, but this one always stays. In an effort to remind you of the negatives of becoming TOO dependent on electronics and social media... we dare you to put away **all** electronic devices for the better part of TWO days (**36 consecutive hours**); the only exceptions being what is absolutely necessary to do your schoolwork or communicate with family. This means no cell phone, texting, computers, iPods, iPads, Facebook, Instagram, Snapchat, Twitter, videogames, **all of it**. Instead, focus 100% of your time and attention on being a better person by simply socializing the “old fashioned way”. Spend more face-to-face time with your family and friends. Invite a sibling or friend to do a new activity with you. Genuinely reflect on how you are spending your time and your life, and how you are communicating with the people closest to you. Face to face communication is still the foundation of being a good teammate, leader and man.

**Dare Summary Details (25-100 word summary of what happened):**



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**Dare 4: Selflessness.** We dare you to give your time or money to someone in need without expecting anything in return. Give money or donate time to a local charity. Collect food, clothing, toiletries or books for the food bank. Buy a meal for a homeless person (safely with your parents consent). Maybe this is helping an elderly neighbor? Try not to make this a family member. This can also be part of your community service requirement, or more informal. If you give money, please don't just give someone else's money (mom or dad's). Make this about YOUR time or resources. **Give selflessly to others who need it the most; it feels great!** 😊 Ideas: Local church (Calvary has a new clothing bank that might need help), Sumner or Bonny Lake Food Bank, neighbor, Sumner Family Center (located at Sumner MS – 253-891-6535)

### **Dare Summary Details (25-100 word summary of what happened):**

WHAT did you pick to do or WHO did you pick to help? Why? What happened? How did you feel after?

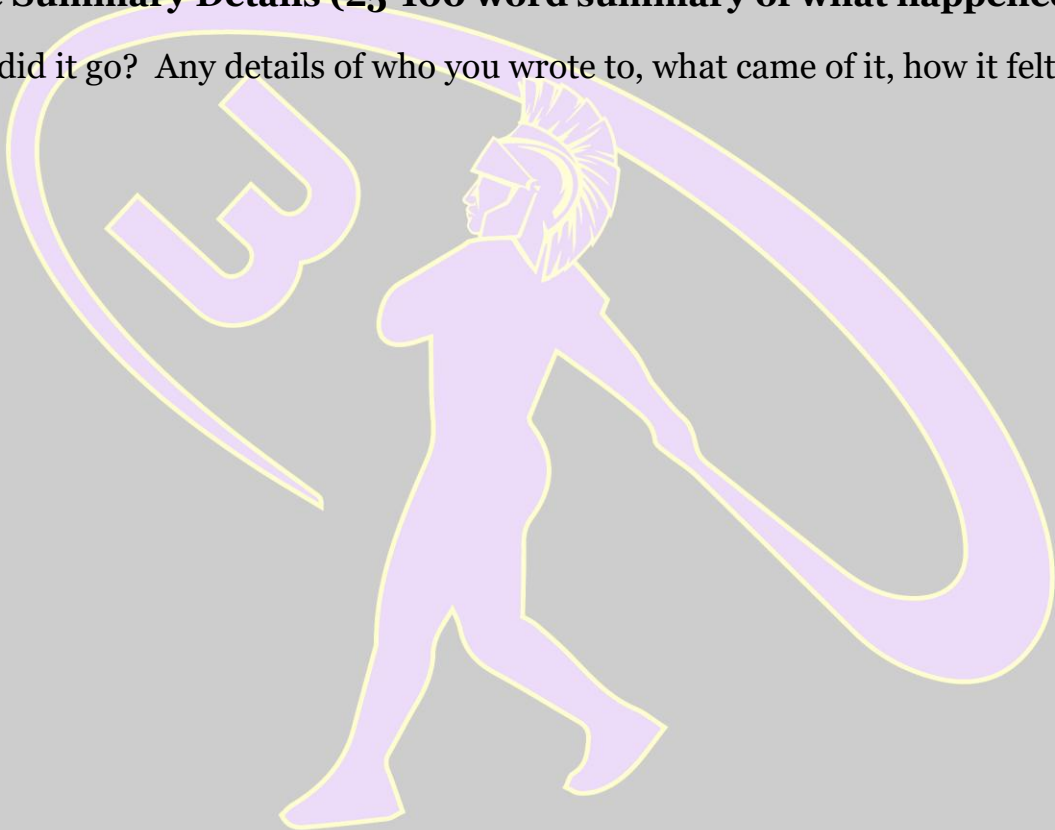


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**Dare 5: Kindness.** Write 10 notes that are positive, encouraging, etc to people at SHS (if you want to choose a family member for 1 or 2 of them, that is fine). The notes can be anonymous or personal. Be **INTENTIONAL** in pointing out things you appreciate about the person... get **SPECIFIC**. Choose people who are worthy, could be someone who always is thoughtful or helpful... maybe it is someone who doesn't get much recognition.... Maybe it is someone you think might be in need of positives. If you want to give 1 person more than one note (on separate days, for example), that is fine. However, try to reach at least 5 people with your 10 notes. Coach Adcox will keep these notecards in his desk, if you need any.

**Dare Summary Details (25-100 word summary of what happened):**

How did it go? Any details of who you wrote to, what came of it, how it felt...

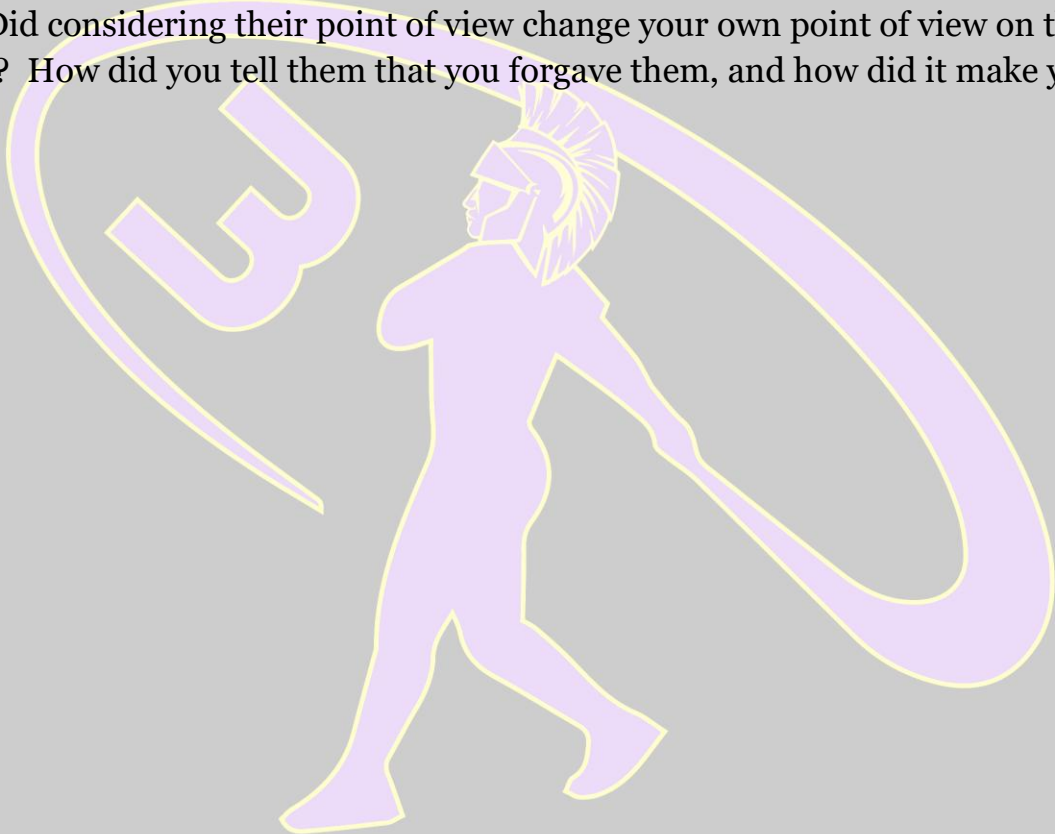


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**Dare 6: Forgiveness.** Think of a conflict you've had recently with a family member or a close friend... a conflict that is still unresolved (you still are bothered by it) is best. Write down the OTHER person's perspective... meaning, what was THEIR side of thinking in the argument? Why were they thinking the way they were or are... what are their reasons? Are they reasonable at all? Try to understand their thinking or reasoning... even if you do not agree. Then, forgive that person... whether easy or not. Make it official... tell them, or write them a note summarizing your forgiveness AND your reflection on their point of view.

### **Dare Summary Details (25-100 word summary of what happened):**

Was it easy to understand their point of view? What was the conflict and their point of view? Did considering their point of view change your own point of view on the conflict? How did you tell them that you forgave them, and how did it make you feel?



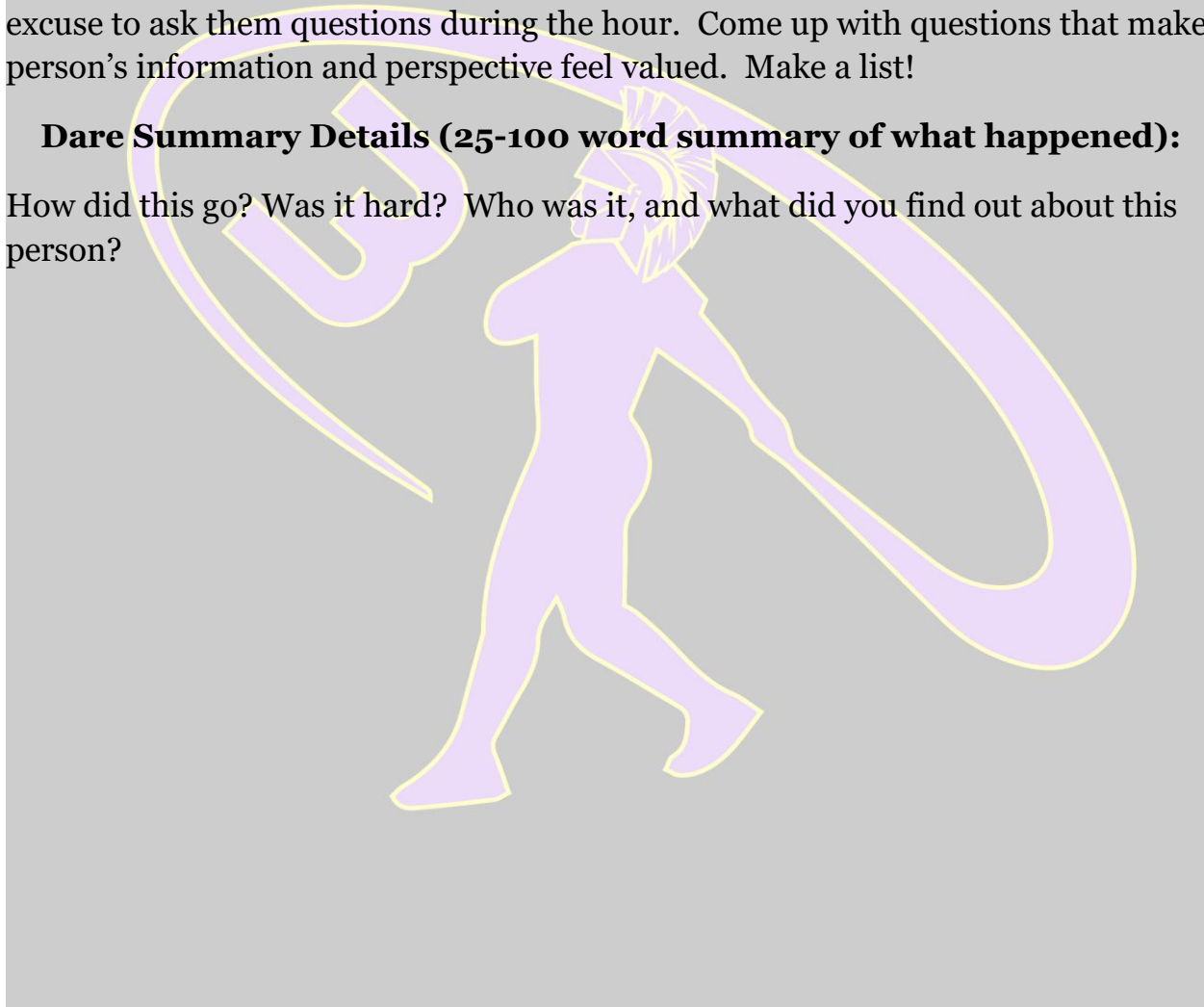


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**Dare 7: Respect.** For this challenge, we are asking you to **have an interaction or an interview with an older adult or elderly person** that you would not normally talk to very much. This could be a neighbor, a teacher (one you don't know real well) This interaction involves you asking them questions about their life, and past experiences. Try to find out AT LEAST 3 things about this person that you never knew. Where they grew up? What their first job was? Where they went to school/college? Their perspective of how kids and the world are different now? The possibilities are endless... If you are uncomfortable approaching this conversation with them on your own... go ahead and tell them that you are conducting an interview for an assignment. Or, begin the interaction by offering to do an hour's worth of service to them (weed, etc). You can use those hours for community service as well, and then you'll have an excuse to ask them questions during the hour. Come up with questions that make this person's information and perspective feel valued. Make a list!

### **Dare Summary Details (25-100 word summary of what happened):**

How did this go? Was it hard? Who was it, and what did you find out about this person?

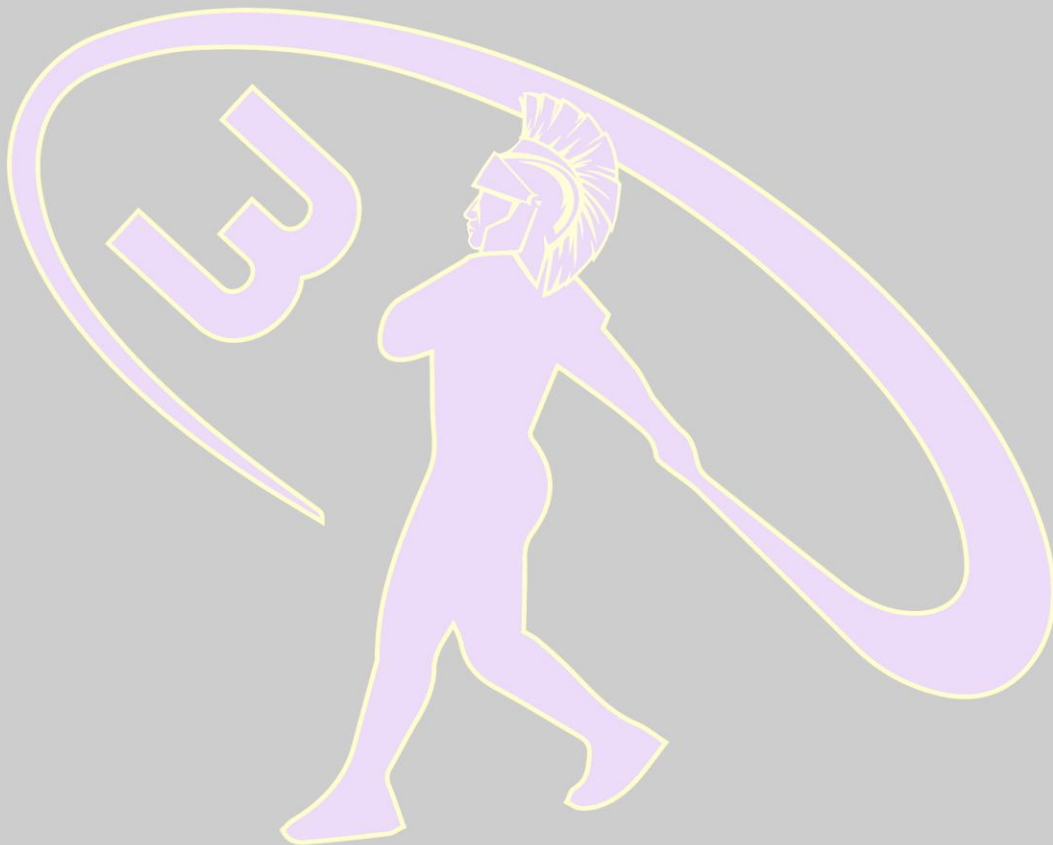


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**Dare 8: Kindness** – For this challenge, we are asking you to go to at least 2 SHS sporting events that you would not normally attend (current sports: Gymnastics, Swim, Wrestling, Boys & Girls Basketball). To complete your attendance at this event, you must compliment someone who participated in the event within 24 hours of the end of the event. This challenge is best when it doesn't involve people who are in your current social group.

### **Dare Summary Details (25-100 word summary of what happened):**

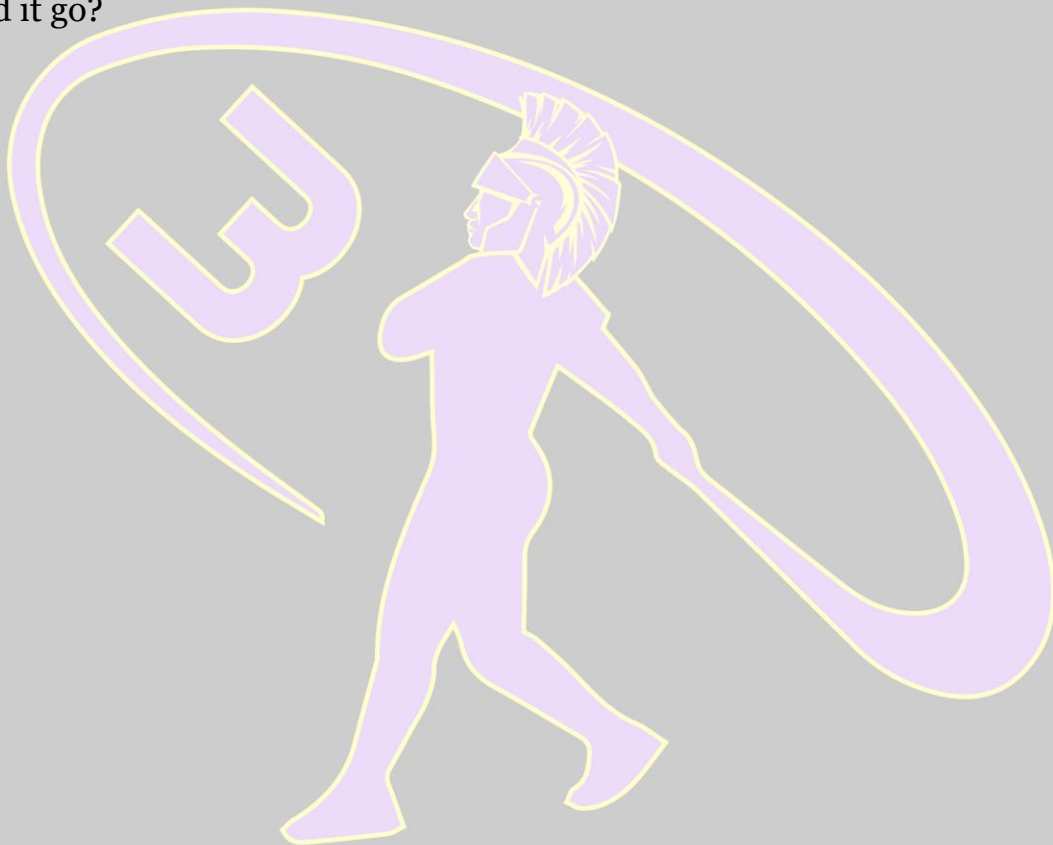
Which events? Who did you compliment & how? Any reactions from them or you?



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**Dare 9: Humility** – Identify 2-3 items in your life that you need assistance with. Weaknesses! Things you want to be better at! These could be school related (learning), baseball related, personality or relationship related. **PLAN THIS OUT.** Pick who you will ask for help from and what you will ask for **SPECIFICALLY.** You could even tell this person about this task. By asking for help, you are showing humility by recognizing that sometimes we need help of others... and understanding that we are not perfect and always need to strive to be better and admit faults.

**Dare Summary Details (25-100 word summary of what happened).** What weaknesses did you identify? Who did you choose to ask for help, and what happened? How did it go?



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**Dare 10: Commitment** – For this challenge, we are asking you to do ALL your homework the day it is assigned for 1 week. This means no procrastination, even if it isn't due for 3 more days. Choose to work on it right when you get home and have available time. Prioritize your homework during this week. You DO NOT have to finish the assignment (in case it is a large assignment), but you need to work on it at the earliest time possible. Choose doing it over other things like video games or social events or social media. If you are extremely busy with homework, you have the option to shorten the amount of time to 3 consecutive days. If you are light on homework, please extend the amount of days!

**Dare Summary Details (25-100 word summary of what happened).** Was this difficult? What did you have to avoid the urge to do with your time in order to complete this?

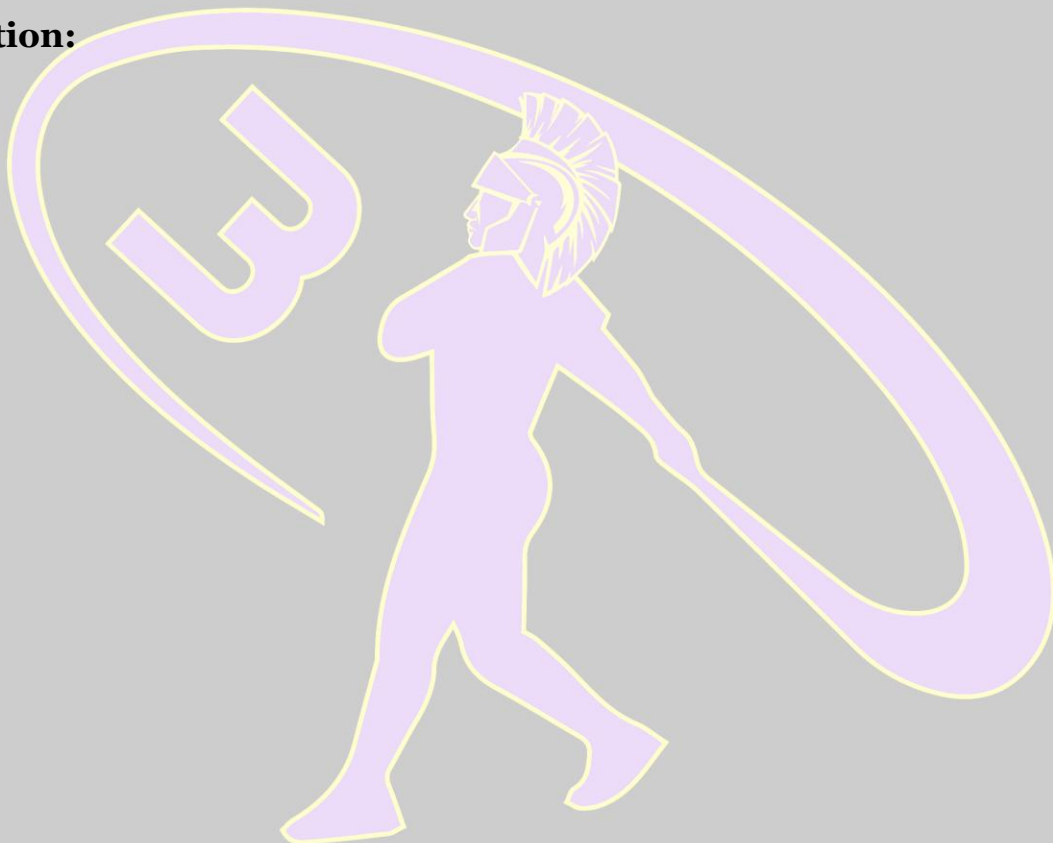


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**SUMMARY:** How did these doing these dares go? Are you a different person than when you started? How natural is it for you to do these servant leader type of actions? What is stopping you from continuing these types of behaviors more frequently in your life? Do you currently act like the man you hope to be one day, or do you need to make some adjustments moving forward?

***Your time as an athlete will end at some point. Whether you start on this team, bat for a high average, earn individual accolades, receive a scholarship to play beyond high school.... Don't fool yourself. None of that defines you. Your actions in everyday life define you. What do you stand for? What have you learned?***

**Reflection:**



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**What was/were the hardest dare(s)? Why?**

**What was/were the most rewarding dare(s)? Why?**





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## COMMITMENT

1. At least 16 winter weightroom workouts (22 workouts are possible if player attended all)
    - Up to 3 can be supplemented by outside workouts ie. select team)
  2. 5 weeks of long toss (1-3 per week) starting no later than January 24<sup>th</sup>
  3. 5 outside baseball training (any type) sessions
  4. 4 hours attendance at SHS field work party. Sat Feb 20<sup>th</sup> and/or Feb 27<sup>th</sup>
- **CONDITIONING SESSIONS** \_\_\_\_\_ (Need 10 total, of which at least 7 must come from SHS)
    - Amount of SHS conditioning sessions \_\_\_\_\_
    - Amt of outside sessions (up to 3) \_\_\_\_\_ Place or Team \_\_\_\_\_
    - Name of supervisor \_\_\_\_\_ Signature \_\_\_\_\_
  - **LONG TOSS WEEKS** \_\_\_\_\_ (Need 1-3 sessions per week)
    - Verifying Name \_\_\_\_\_ Signature \_\_\_\_\_  
\*can be parent verifying the work
  - **OUTSIDE BASEBALL SESSIONS** \_\_\_\_\_ (Need 5 minimum)
    - Verifying Name \_\_\_\_\_ Signature \_\_\_\_\_  
\*can be parent verifying the work
  - **SHS FIELDWORK SERVICE & ATTENDANCE**
    - Saturday February 20<sup>th</sup> 9:30-1:30 - Attended YES / NO / PARTIAL Hrs \_\_\_\_\_
    - Saturday February 27<sup>th</sup> 9:30-1:30 – Attended YES / NO / PARTIAL Hrs \_\_\_\_\_

COACH SIGNATURE \_\_\_\_\_