

WHAT'S YOUR IQ?



Elevate your Integrity Quotient with this monthly team activity that builds individual character and team unity! What's your IQ Chapters 1 and 2 are an interactive series meant to be done in-house with the coaches and athletes. Designed for middle to high school-aged athletes of All Star, it builds individual character and team unity. Implement this program to enhance the culture in your All Star facility!

WHAT IS WHAT'S YOUR IQ?

Athletes and coaches introduce a new word each month that supports the overall theme of "Integrity" and encourages conversation in gyms and studios about how athletes, teams, coaches and owners can personally be the example and encourage others to be the example of that month's word.

So, start the conversation! Download both versions of the video for Chapter 1 and the athlete-led Video for Chapter 2. Use the Conversation Starters each month on the mat or Marley and share them on your website and social media!

HOW TO GET THERE

1

Log on

Log on to USASF.net to find downloadable and shareable videos that introduce a new word each month that supports the overall theme of "Integrity." The program encourages conversation in gyms and studios about how athletes, teams, coaches and owners can personally be the example and encourage others to be the example of that month's word.

3

Mentor

Encourage your high school athletes to mentor the junior high students! Provide the conversation starter PDF's and assign the Word of the Month (WOM) for the season. Not only will the older athletes have the opportunity to practice public speaking, the younger athletes will love having their role models get to know them better while they reinforce the transferable skills of All Star.

2

Post

At the beginning of each month, post one of the mini-posters in your gym or studio as an introduction and reminder of the word your program will be working on that month.

Use the Conversation Starter pages to lead team-building talks with athletes and coaches. Each page includes the definition of the word-of-the-month, a quote that puts the definition in perspective, and WE Speak Challenge questions to answer, share and encourage each other to learn and grow. Between both Chapters of What's Your IQ, there are a total of 24 words to discuss. You may choose to use them in the order as they're presented or shuffle them in an order that makes the most sense for you.

NOTE: Best practices for printing the What's your IQ posters:

1. Use glossy photo paper.
2. Adjust the printer paper setting to glossy.
3. Set the quality setting to Best if applicable.
4. An additional option is to place the poster file on a thumb drive and take it to a copy center.

4

Pledge

Learn and recite the *IQ Pledge* regularly (found at the bottom of each month's conversation starter document)! It's the perfect way to start and end the practice. The pledge will unify athletes and coaches in their commitment to creating an integrity-centered All Star program skills of All Star.

5

Need help?

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