REWARDS SYSTEM
1st – brief description of Reward style-system (TRI) – Specific to your age level

AREAS	PRE-SEASON	IN-SEASON	POST-SEASON
Motivation Start List how you know they are ready (Readiness) and want to learn			
Keys to Motivation List how you can create and hopefully achieve: 1-FUN 2-FEEL WORTHY			
Physical Rewards List (create) what you will reward physically			
Psychological Rewards List (create) what you will reward psychologically			
Social Rewards List (create) what you will reward socially			
Fear of Failure List how to avoid *"Fear of Failure"* or Anxiety			
FLOW List how to create *"FLOW"*			
Extrinsic Rewards List (create) of extrinsic rewards you will use			
Intrinsic Rewards List (create) of intrinsic rewards you will use			
Rewards Objectives List specific objectives of your reward system			

DISCIPLINE SYSTEM
1ˢᵗ – brief description of Reward style-system (TRI) – Specific to your age level

AREAS	PRE-SEASON	IN-SEASON	POST-SEASON
Your Philosophy (Core) List the core values consistent with your coaching objectives + coaching style			
Your Ethics Definition List your rules about being ethical			
Organizations Policies List various rules and/or standards that the greater organization has for your team			
Team Policies List the various rules and/or standards you have set for you team			
Team Policies System 1 List WHO will review and determine all team policies-procedures			
Team Policies System 2 List Consequences for violation of Policies 1ˢᵗ Incident 2ⁿᵈ Incident 3ʳᵈ Incident			
Ideal Objectives Identify the Ideal end or objective when using your discipline system			