



# CARRIDE CONVERSATIONS

## "I AM BECAUSE WE ARE"

**What makes a great teammate?** Well, let me give you an example of not only great leadership, but a great culture that was centered around a team, not an individual.

In 2008, Doc Rivers led the Boston Celtics to an NBA Championship Title. According to Doc Rivers, "It was all about teamwork, selfless play, and winning together for that group of players." The team that year adopted a mindset and culture: **Ubuntu**, which stems from the African culture as the "essence of being human." You have to learn from other human beings in order to be human. Meaning, ***I cannot be at my best if you are not at your best.***

Let's break this down. In a sports context, have you ever heard the saying, 'you are only as good as your weakest link?' What if we shifted that saying to, 'you are your best when those around you are performing at their best?' My favorite belief from Ubuntu is the idea that you cannot be threatened by another's greatness, because the better they are, the better you are for it.

## THE PROCESS

- Truly embracing **Ubuntu** as a way of life both on and off the field requires sacrifice. It requires sacrifice of what may be best for your athlete, for what is best for the team.
- To have a championship teammate mentality, it is about:
  - accepting the given role for what it is, and creating opportunities for others.
  - putting teammates in the best light, so your athlete can also be in the best light.
  - using strengths to bring out the strengths in others.

**That is true teammate leadership.**

**"The strength of the pack is the wolf, and the strength of the wolf is the pack."  
-Rudyard Kipling**

## TOOLS AND TIPS

*...for the car ride home*

*Questions to promote reflection with your athlete:*

1. **Recognize the situations in which you can lead**, and which you can be more productive and valuable as a follower
2. **How am I working for my team (mates) every day?** Remember, it's not about them as an individual player. It is about the team.
3. **What did I do well, what can I do better, how?** Remember, it's not personal. Keep it objective. Keep it productive. Keep it centered on love and connection.
4. **What are the values that you can live every day on and off the field?** Define what Ubuntu means for you as a teammate.

**Save the date:**

4 March  
Spring Sports Begin

1 May  
7th Grade Admissions Fair

12 August  
Fall 2024 Sports Begin