



Live 5 Student-Athlete Orientation

The NAIA Live 5 program teaches student-athletes how they apply the five core values of Champions of Character™ to everyday life both on and off the field.



Conduct at least one of these activities for each of the core values during the academic year.

INTEGRITY	RESPECT	RESPONSIBILITY	SPORTSMANSHIP	SERVANT LEADERSHIP
BREAKING RULES <ol style="list-style-type: none"> 1. List the times when they can get away with breaking the rules. 2. Ask them how integrity plays into those situations. 3. What's acceptable or not acceptable to team? 	TRASH TRAIL <ol style="list-style-type: none"> 1. List all the different facilities they will come in contact with throughout the season. 2. Ask them what is the appropriate action at those venues to show respect to those that have to come up behind them and clean. 3. What is acceptable to the team? 	SOCIAL MEDIA <ol style="list-style-type: none"> 1. Ask your team why they are responsible to the team with their tweets and posts to Facebook. 2. Discuss what's acceptable or not acceptable to the team. 	HANDSHAKE <ol style="list-style-type: none"> 1. Ask your team as to reasons why they wouldn't want to shake an opponent's hand after the game. 2. Discuss the importance of etiquette of competition. 3. After every game this season shake your opponents' hands win or lose. 	NEWCOMERS <ol style="list-style-type: none"> 1. Ask your team leaders to list how they may help support the newcomers this season. 2. Ask your newcomers about where they think they will need help this season. 3. Share the two lists and ask the team how servant leadership plays into this season.
SHORTCUTS <ol style="list-style-type: none"> 1. Ask your team to list the times within their sport when they can take short cuts. 2. Ask about ways to prepare for competition with integrity and skip the short cuts. 	INJURY <ol style="list-style-type: none"> 1. Discuss the expectations of a player who gets injured. 2. Ask how a teammate should respond when the injured player returns and takes back playing time. 	INTENSITY <ol style="list-style-type: none"> 1. Discuss what game-level intensity looks and feels like at practice. 2. Discuss ways each team member will get into that mindset for practice. 	SPIRIT OF COMPETITION <ol style="list-style-type: none"> 1. Ask the team what rules of the game would be easy to break, but are important to them to make sure they intentionally play within the spirit of the game? 	PREPARATION <ol style="list-style-type: none"> 1. Make a list of ways one can serve the team prior to practice to help make them most successful.
OBSTACLES <ol style="list-style-type: none"> 1. Talk with your team about ways they can overcome their own hills with integrity. 				TOWEL DRILL <ol style="list-style-type: none"> 1. Is the towel drill important? 2. What actions are important to your team to lead by example on and off the field? 3. How can your team practice these specific actions?