



Dare to dream. The Blast journey requires commitment and a deep dedication to attaining high-level goals. In this quest, players discover what they are capable of achieving not only as athletes, but as teammates and as people. Through discipline and responsibility they put forward a high effort with a positive attitude to learn about achieving success in other areas of their lives.

## D.R.E.A.M.™ Development Philosophy

***"Let your dreams be bigger than your fears and your actions speak louder than your words."***

### D

## DISCIPLINE

Are you at every session, with the same high work rate, truly wanting to get better?

Discipline is about consistency. It's about doing the things you need to do, when you have reasons not to do them.

***"Discipline is the bridge between goals and accomplishment."***

- Do I go to training even though it is cold, rainy and I have a test I could/should be studying for?
- Will I go to class even though I stayed up late to study for finals?
- Will I get to work early to work on that proposal due next week?
- Will I set aside that \$50 a month I can use someday for a downpayment on a house?

### R

## RESPONSIBILITY

Are you prioritizing the commitments you made to the team appropriately?

Responsibility is about following through. It's about making good on commitments when doing so is inconvenient or difficult.

***"The price of greatness is responsibility."***

- Do I carry out my team duties without being reminded?
- Do I do my chores at home without being asked?
- Did I make it to study lab even after a hard training session to help my classmates and I prepare for finals?
- Will I pull together my part of the company presentation for the meeting next week?

### E

## EFFORT

Is your effort high enough to see the level of improvement you are hoping for? Effort is about working harder than you thought possible. It's knowing high-level of efforts will increase the level of effort from others.

***"Anything worth doing, is worth doing well."***

- Do I hit the field with energy, ready to work?
- Am I proud of the things I do at home - are they my best effort?
- When I study, did I read everything; and not just what I hoped would be on the test?
- Will I give a full 100% effort on a "small project" that might be the one that gives me a chance at a bigger project later?

### A

## ATTITUDE

As you understand the discipline and responsibility it takes, and the high level of effort required, is your attitude positive and encouraging? Attitude is not simply how you do things, but the way you do them.

***"Our life is what our thoughts make it."***

- Do I take on fitness challenges believing I will excel?
- Did I grumble about doing dishes not believing it was my turn?
- When my roommate asked for help, did I do it willingly, without future expectations?
- Will I be the one in our company people want to work with?

### M

## MOTIVATION

Strong discipline, great responsibility, high effort and a positive attitude will continue to affirm our desire and commitment to being the best we can be. Working hard not only for ourselves, but for those who share in our beliefs, defines us as players and as a team.

***"Half of what separates successful people from non-successful people is perseverance."***

- Do I truly wish to become better today than I was yesterday?
- Did I look back proudly at my efforts at home, ready to do even more for my family tomorrow?
- Are my efforts exceeding others expectations; and will they inspire others to increase theirs?
- Will I be called on to lead others? Will I do well when asked?