

# YouthFirst

Parents Learning about Youth Sports

The Sports Education and Leadership Program at UNLV

## *Leadership is KEY to success!*

### **What it means to be a leader...**

*Leadership is  
practiced  
not so much in  
words as in attitude  
and in actions.*

**Harold S. Geneen**

Even though people think that being a leader is the greatest of all roles, there are a few down sides of a leadership role. Even though a leader will get most of the credit when things turn out right; such as, winning the game for the team or making sure everyone is on the same page when it comes to playing a team sport. However, your girls also need to know that being a leader takes a lot of heart, courage, pride, and a tough mind. Leaders are often blamed when things start to go wrong with the team. For example, when a basketball team is not getting along or is losing, a coach will often look at the team captain (leader) to find out why everyone is not on the same page or why they are losing. Thus, to achieve a desirable outcome, a leader must be able to gain the sup-

port of her followers. If she cannot, then she is ineffective. Therefore, be aware of the heavy burden all leaders have to carry. Also, know that leaders are not made, they are born. So, even though there are many down sides of being a leader, there are many great sides of it too. Such as, it is a great feeling to know that your coach and teammates feel as if you are capable of leading a team to victory. They are willing to take the chance on you, which means they believe in you. That is the greatest feeling and can never be taken away, unless you want it be.

## What it takes to be a *leader*...

Here are some traits and/or needs to be a leader:

You need to lead from the “front”. Meaning, if there are girls on your team that are lost, you leading from the “front” gives them someone there to follow.

---

*Leadership is the ability of a single individual through his or her actions to motivate others to higher levels of achievement*

### **Buck Rodgers**

You need to be able to take the loneliness. Here is when the mental part of being a leader kicks in. When you are the leader, feelings of bleakness will be with you many times. On occasion, you will feel some depression because there is no one you can truly consult with. Your character

and emotional control will have to be strong enough to navigate through this mire. If and when you do feel this way, your coach is the best person you can talk to. He or she will know how it feels because they are in a leadership role as well as you.

Encourage other leaders. When you see another girl showing some leadership qualities, go to her and express that it is great to see another girl trying to make a difference in the team. Bring forth potential leaders where one day you will be able to step down, such as graduate, another who is capable can take your place. Also, you will then have another person to talk to when things start to get too hard to handle by yourself.

## **Websites and books that may help you become a better leader...**

Women Leaders Online: <http://wlo.org/>

Center for Creative Leadership: <http://www.ccl.org/index.shtml>

“How to Form a Team: Five Keys to High Performance” by Kim Kanaga and Michael E. Kossler

“Maintaining Team Performance”: by Kim Kanaga and Michael E. Kossler

Leadership Qualities: <http://www.nsba.org/sbot/toolkit/LeadQual.html>

The Able Trust Youth Leadership Forum: <http://www.abletrust.org/youth/>

YMCA Youth Leadership: <http://www.huttcity.govt.nz/council/services/leisure/recplus/edge.html>

G.U.T.S.: Guys and Girls Utilizing Their Strengths: <http://www.presentation-style.com/guts/>

Youth Leadership: <http://users.scronline.com/troop77/leader.htm>

Leadership qualities and leadership skills: [http://www.adamssixsigma.com/Newsletters/leadership\\_skills.htm](http://www.adamssixsigma.com/Newsletters/leadership_skills.htm)

---