



Road Map to

WHAT'S YOUR IQ? JUNIOR

The USASF has created a fun activity book for upper elementary and lower grades of middle school-age athletes. We hope you will use this character building workbook liberally with your athletes and encourage parents to initiate thoughtful discussions about the values that All Star provides in creating better citizens.



HOW TO USE THE ACTIVITY BOOK

Parents can be given a link to download and use the workbook as a stand-alone activity for use by their athletes at home. They can implement the activities to encourage additional family time discussing healthy foods and other higher-level concepts.

Use this series as a supplement to your quarterly WHAT'S YOUR IQ high school senior lessons. Select the values and activities that mirror older-age athlete discussions. Every WHAT'S YOUR IQ, JUNIOR value has two pages of activities that can be completed by the younger age athletes at home or during the end of practice. Discussions can be led by your older athletes to encourage their leadership as role models, reinforce the legacy of All Star and create a feeling of family and connection within your program.

- Coaches can individually use the workbook throughout the season as team building/bonding activities during practice.
- During retreats, lock-ins or summer practices, divide the book into sections and reinforce the values of All Star with the activities. Follow up with discussions on implementing the concepts.
- Need a leadership job for Junior Coaches? Provide the workbook and have them create an implementation strategy for the use of the series. They can divide the lessons among themselves and present the activities in small groups. Parents will enjoy their children leading the discussions and it will look great on their resumes too!

HOW TO GET THERE

- 1 Log into your Membership portal and click Member Resources.
- 2 Select the Resources tab and in the drop down box click Enrichment.
- 3 Click the WHAT'S YOUR IQ JR tab.
- 4 Download the workbook and use it virtually or print booklets for your athletes.
- 5 Don't forget to download the How to Use WHAT'S YOUR IQ JR for additional implementation ideas!

6 Organize
Workbook lessons may be organized into three sections and introduced throughout the season.

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|---------------|-----------------|----------------------------------|
| SUMMER | FALL | COMPETITION & TRYOUTS |
| Passion | Self Discipline | Confidence |
| Humility | Trust | Perseverance |
| Respect | Legacy | Sacrifice |
| Loyalty | Integrity | Faith |

7 Share your ideas!
We encourage you to share your ideas and pictures in the USASF Connection! Enjoy this workbook and be creative in spreading the values that All Star reinforces.

8 Need Help?
Reach out to Mary Wendt,
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