



AT HOME

STAY ON TARGET WITH
DEVELOPMENT RESOURCES
FOR ATHLETES, CLUBS,
COACHES & JUDGES

Club Resources found in the Member Dashboard

Club leaders should be sure to check out these resources found in the Competitive Excellence > Healthy Competition Within a Club competency. These resources provide some information to get you thinking about how competition is structured in your club and if it is designed to develop excellence and allow athletes to feel comfortable while taking risk and growing.

Competitive Excellence > Healthy Competition Within a Club

[Make Practice Hard Geno Auriema](#)

In this brief video, the great college basketball coach, Geno Auriema discusses his philosophy for creating competition to drive excellence in practice and how it relates to the culture of the program.

[Creating Healthy Competition in Sports Teams](#)

Four Time Olympian and Coach Consultant, Bo Hanson of Athlete Assessments provides information on psychologically healthy competition environments for practice.