

# Accountability

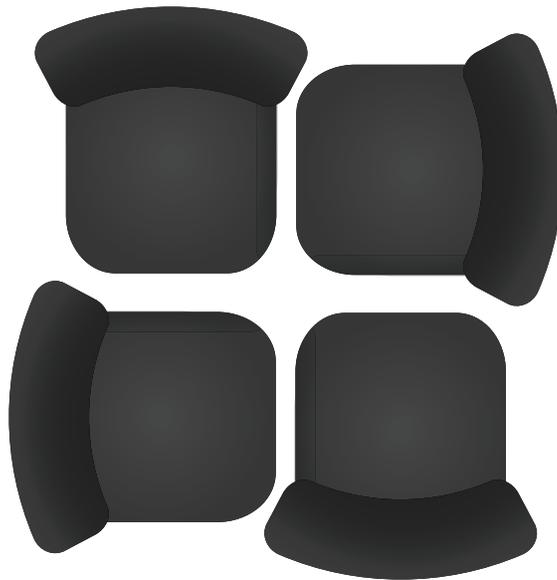


## The Accountability Bridge: Middle School Activity

*Supplies Needed: Four chairs with backs.*

### Instructions

*Divide your athletes into groups of four, and position the chairs in a square so that the back of each is facing out.*



In groups of four, tell each athlete to sit in one chair sideways; their feet should be on the floor and their knees facing out. Then tell everybody to lie down so that their head is on the upper legs of the person next to them. Slowly pull one chair out from the square, and then the next, and the next, and finally, the last. Time how long each team of four is able to support each other without falling.

***Then, discuss the activity with these questions:***

- 1. How did it feel owning one quarter of the responsibility for keeping your team together?*
- 2. How do you think this exercise relates to being accountable to your teammates when you are at practice?*



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## High School Activity

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*Ask your athletes to get into groups of two or three and briefly discuss this scenario below. Follow up with a group discussion using the suggested questions.*

You are a senior on the tennis team, which has made it to the State Quarterfinals. The day before your match is Senior Skip Day, a school tradition during which seniors that are about to graduate don't attend school.

The administration has heard rumors of the Senior Skip Day date, and the athletic director has warned your team that if any seniors miss school that day, they will not be allowed to play in the State Quarterfinals.

What would you do?

***Suggested discussion points and questions:***

- 1. Lay out the reasons for participating in Senior Skip Day.*
- 2. Lay out the reasons for not participating in Senior Skip Day.*
- 3. What role does accountability play in this scenario?*
- 4. When you look back on your senior year in a few years, which memory do you think would be more fulfilling: Senior Skip Day or playing in the State Quarterfinals? Why?*