**Resistant**
As the name suggests, resistant people resist being led. They have their own stubborn view of how things should be done and are not open to being influenced. They often do not agree with the team’s rules and standards and openly oppose them. They complain about coaches, teammates, workouts, conditioning, etc. Resistant people have not bought into the team’s common goal but instead pull in the opposite direction.

**Reluctant**
Reluctants are not yet willing to buy into the common goal. They hesitantly do what is asked of them, only giving half the effort and enthusiasm. Reluctants take a “wait and see” kind of attitude. They are skeptical about committing to the team because they are often concerned their investment is not going to pay off.

**Existent**
Existents are there in body but not in mind and spirit. They show up but give little more than their mere presence. Existents are apathetic toward the team and the goal—it is of little significance to them. They go through the motions in practice and play with little enthusiasm. It is surprising that they are still a part of the team because they both contribute and gain very little.

**Compliant**
Compliants will do what they are told by their coaches and team leaders. They are obedient soldiers who do what is expected, but they lack the initiative to go above and beyond the call of duty. They do enough to maintain whatever standard is set by the leader but they aren’t willing to do any extra. In this way, leaders can rely on compliants to do what is asked. However, leaders are also a bit frustrated by compliants because the leader always has to supply the direction and motivation.

**Committed**
Committed people willingly go the extra mile in order to reach their goals. They are self-motivated meaning that they do not need someone else to tell them what to do—or watch over their shoulder to make sure they are doing it. They take the initiative to do what is necessary to get the job done.

**Compelled**
No matter what obstacles, adversities, or distractions might stand in their way, compelled people are going to find a way. They won’t rest until they get the job done. They prepare, train, and compete at the highest level. This means they never go through the motions or skip workouts, they eat well and get the proper rest, and they take advantage of every opportunity to get better. Compelled people not only have high expectations of themselves, but of their teammates, too. They hold themselves AND their teammates to a higher standard.
**Obsessed**

Obsessed people get so consumed with achieving a specific goal that they lose their sense of perspective. They unmercifully drive themselves and others crazy in their relentless pursuit of their goals. Obsessed people disregard the need for balance in their lives as well as the importance of a recovery phase in their training. They are prone to pursuing the goal at all costs which might include cheating, eating disorders, using performance-enhancing drugs, and other illegal, unhealthy, and unethical means. While highly committed, these people often lack the necessary perspective and people skills to be respected leaders. There is a fine line between being compelled and obsessed—yet there is an important distinction.

As you examine these different levels of commitment, it is important to consider the following questions:
COMPETE EVERY DAY.
EVERY PLAY.
DISCIPLINE

CONDITIONING
NO EXCUSES
NO REGRETS
Think

Is this right or wrong?

Is this a risk I can afford to take?

How will this affect my future?

How will my parents feel about this?

How will this reflect on my team and coaches?

How does this represent Colorado football?

Culture of success

Coach MacIntyre 303-518-7399
Coach Adams 303-917-5956
Coach Baer 303-349-1555
Coach Bernardi 408-396-8170
Coach Clark 303-349-4643
Coach Jeffcoat 303-495-9171
Coach LaRussa 303-503-2516
Coach Lindgren 303-489-6011
Coach Walters 303-842-7364
Bryan McGinnis 831.359.0168
Katie Parry 303-503-3400
Dave Forman 303-819-7382
Kerry Johnson 303-819-1679
Darian Hagan 303-514-4439
Miguel Rueda 303-548-3677
JT Galloway 303-915-5791
Jamie Guy 303-502-7102
Adam Toyama 303-349-5245
Max Allen 720-633-7167
Scott Unrein 303-245-3123
Chapelle Brown 720-402-8626
Michael Pitre 720-413-9906
TC McCartney 303-359-1866
Jeff Smart 303-518-6522