



## Getting the Reps with: NFL Player Doug Baldwin

### Pass It On

#### Key Takeaways

- Being on a team or in a setting with more experienced people can give you an opportunity to learn from them.
- You then have the opportunity to pass that knowledge and experience along to the next ones coming up.
- Some of the things Doug learned from his established teammates were taking care of the details and creating a family-type atmosphere.

#### Things to Think About

- Who is someone that you have learned from? In your sport? In other areas of your life?
- Who might you pass it on to?

#### Ways to Practice

- This week, ask a question to someone older or more experienced than you.
- Find a time to give advice or just talk with someone who is younger or less experienced than you.

