

PERSONA: Anthony Larsen

WHEN: Fall 2017

WHERE: Rutgers-Newark

THINK

- "I'm going to have a great season this year."
- "As captain I'll really shine."

DO

Anthony takes extra time out of his day to work on his shooting and ball control by himself. He also invites friends from the team to join him.



FEEL

- Optimistic
- Excited
- Anxious

SITUATION: Anthony has arrived at school a month before fall semester to start training for the season. It is his second year on the team and the coach approached him
at the end of the last season to possibly start as team captain this year.