

Teammate Tuesdays

Volume
VII

Another Year of Good Teammate Musings

SAMPLE

LANCE LOYA



CAGER HAUS
PUBLISHING

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ISBN-13: 979-8-9881879-5-0

www.coachloya.com

Design and publishing by Cager Haus.
Cover image by Kutsal Lenger, Dreamstime.com.

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Introduction

Welcome to *Teammate Tuesdays, Volume VII*! This volume has been assembled a little differently than the previous six. Before I explain why, let me first share how the *Teammate Tuesdays* book series came to be.

Once upon a time, I set out on a journey to discover an answer to the question: What does it truly mean to be a good teammate? Everyone belongs to some type of team. Maybe it's an actual sports team, or maybe it's the place where you work, the community you live in, the church you attend, or simply your family. Ultimately, every team's success depends on its members being good teammates. But what specifically does being a "good" teammate entail?

My journey began with the publication of a children's book called *Be a Good Teammate*. The book centered on the idea that good teammates do three things: care, share, and listen. I wrote that book with the sole intention of conveying some fatherly advice to my daughters, who were just learning to read at the time.

The publication of *Be a Good Teammate* unexpectedly set into motion a sequence of events that changed the trajectory of my life and led me to the realization that the world needs more good teammates—kind, mindful, unselfish individuals who put the needs of their teams ahead of any self-centered agendas. This belief transcends sports and applies to all varieties of teams.

Eventually, exploring the art of being a good teammate became my life's work. Along the way, I decided to heed the advice of a trusted friend and share my discoveries—my *musings*—in a weekly blog. I called the blog “Teammate Tuesdays” and posted a new entry every Tuesday morning.

As the blog's following grew, subscribers began asking if the blog could be made available in print. They wanted to give it as a gift to their friends, families, and teammates. To accommodate the recurring requests, I turned the entire first year of my blog into a book titled *Teammate Tuesdays: A Year of Good Teammate Musings*.

For the next six years, I released an annual compilation of the previous year's blog posts. Each edition featured a new volume number and the subtitle *Another Year of Good Teammate Musings*, reflecting the continued growth of the series.

During the summer after the release of *Volume VI*, I started working on several time-consuming projects that would allow me to better spread the good teammate message, including a new online video course. Bringing those projects to fruition required a greater amount of my time and energy, forcing me to make the difficult decision to temporarily pause my blog.

I debated the best way to handle this situation. I considered simply not sending emails to my blog subscribers until my projects were finished, but I ultimately didn't think that would be very "good-teammate-like" of me.

While weighing my options, I realized that I had accumulated over 300 blogs in my archives, each still relevant to the art of being a good teammate. So for the next few weeks, I began to share, feature, and revisit some of my past blogs the way television networks used to broadcast reruns during their summer hiatus. I would highlight three past blogs each week that were linked by a common theme (i.e., courage, loyalty, enthusiasm, etc.).

With new subscribers joining my mailing list every day, readers seemed to embrace this approach because it was the first time many of them had encountered those previously released titles. Their receptiveness led me to continue periodically sharing "rerun" blogs even after I had finished my projects.

Since part of each year now consisted of previously written blogs, I decided to discontinue the *Teammate Tuesdays* book series. But then, as often is the case with my life, I had a bit of a revelation.

My journey into the art of being a good teammate began with a desire to set my daughters up for success if something should ever happen to me. I wanted to help them be good teammates. Whenever I leave to speak at a conference or event, my goodbye conversation with them typically goes something like this:

Me: “If anything happens to me, what are you going to remember?”

Them: “Be a good teammate. Care, share, listen.”

Me: “That’s right. And what else?”

Them: “Everything we need to know is in the books.”

That last statement is in reference to all the books I’ve written about being a good teammate, including the *Teammate Tuesdays* series. Most of the content covered in them was written before my daughters were old enough to understand the depth of the message, but that does not mean that one day it will not be. Someday, the stories, lessons, and insights I shared may be relevant to their situations, as well as to the situations of others.

Three years have passed since rerun blogs became regular weekly inclusions. During that span, more than a few valuable topics have been explored, and I felt it would be a shame for my daughters and others not to have access to that content. So I decided to release another volume.

Like the previous volumes, this book is written in an informal, conversational tone—the way blogs typically are. Each post (chapter) was written as a standalone piece. With a few minor exceptions, like the removal of embedded hyperlinks and the addition of appropriate citations, the content has not been altered from how it originally appeared online. Each entry is intended to make you think about what kind of teammate you are and how you can inspire others to become better teammates.

What makes this volume different from the previous ones is that it isn't a collection of the previous year's blogs. Instead, it's a curated compilation of the best posts from the past *three* years. Because of that, the entries don't necessarily appear in the exact order they were originally published.

Topics covered in this year's volume include sacrifice, disrespect, and acceptance. There are stories inspired by music, film, and pop culture. Readers will also be introduced to a variety of different types of teammates, like *Detour* Teammates, *Devil's Advocate* Teammates, and *Super* Teammates.

I continue to like the idea of assembling an entire year's worth of posts in a book format. The content deserves to be shared in another format. Not everyone who can benefit from the message reads blogs. Some people still prefer to hold a physical book in their hands. Putting the blog in book form makes it possible to share the message with a broader audience.

A book is also a convenient way to bring up to speed those who may be joining the Good Teammate movement *already in progress*. The format allows you to experience your own journey of discovery, at your own pace. You don't have to wait until next week to find out what topic I am going to cover in my blog. You can read the chapters as fast or slow as you desire. It's like binge reading a blog.

I am often asked two questions: *Why Tuesdays?* and *Why doesn't the first chapter start on January 1?*

We all have seasons to our lives. For some, it's spring, summer, fall, and winter. For those involved in sports, it's preseason, regular season, postseason, and offseason. I wrote my initial blog post at the end of April, coinciding with what

was at that time considered to be the start of my offseason—the ideal time to start new endeavors. I have consistently added a new post every week since then, which is why the first chapter doesn't start on January 1.

Why Tuesdays? I am a fan of Mitch Albom's memoir *Tuesdays with Morrie*. In the book, he chronicles the wisdom acquired from his weekly visits with his former sociology professor Morrie Swartz, who is dying from ALS. The name *Teammate Tuesdays* was a tip of the hat of sorts to Albom's book and its touching premise. But that's not the only reason. I also believe that Tuesdays are generally the best days for personal and professional development.

Wednesdays mark the middle of the week. It's *hump day*. You've come to the realization that you better put your nose to the grindstone and get busy or you're going to run out of time. Thursdays still carry much of Wednesday's urgency, but by afternoon you're already beginning to think about the weekend. Fridays are for wrapping up loose ends rather than starting something new.

Saturdays are spent catching up on chores, like cutting grass and doing laundry. Saturdays are also a day for recreation and seeking fun.

Sundays are family time. You're ready to relax and spend quality time with your friends and family. If you're struggling with your job, you'll probably spend Sunday evening stressing about having to go back to work the next day. Professional development isn't a high priority on Sundays.

Mondays are consumed with playing catch up. You're trying to finish all the work you didn't complete—but should

have—last week. You are probably also being bombarded with everything that was delivered over the weekend. You have an endless amount of pressing emails and phone calls to return. By the time Mondays are over, you are exhausted.

Which brings us to Tuesdays. You are tired from playing catch up on Monday and not anxious to put in another intense day of work. You convince yourself that you still have the rest of the week to get your work done. Why start today? Tuesdays are the perfect day for self-reflection and an investment in self-improvement.

Sound familiar? If so, then you've come to the right place. Every day is *Tuesday* in this book.

I hope you enjoy my collection of good teammate musings. More importantly, I hope these musings inspire you to become a better version of yourself and to equip you to help others do the same.