

Pursuing Excellence

Good or Great: Up to you

Sacrifice: Something that is surrendered or lost in order to gain an objective.

Enthusiasm: Enthusiasm for one's work is critical. It is the ignition switch. Turn it on and things start happening.

- It brings on excitement.
- It produces energy.
- It generates extra effort.
- It develops excellence.

NOTE: If you lack enthusiasm for quit or change your attitude! It is not fair to your teammates or the your coaches. Daily enthusiasm is a choice!!!!

Critical Components for a TEAM

1. Camaraderie and Loyalty- a love for one another; commitment to make others better by busting your rear end every day. ½ effort or full effort – same amount of energy.
2. Energy giver or energy taker: Up to you. All about attitude!
3. Respect and Love for one another: Coaches and players will do anything for each other.
4. Team Spirit: The willingness to sacrifice your self-interests for the benefit of your team. The star on your team is your team! "WE" supersedes "me".

Bottom Line: You can only control what you have influence over. Don't waste time or energy on things you have no control over!

**"Make each day your masterpiece."
John Wooden**

Choice- controlling your direction is better than being controlled by it:

- Vision Statement- What business are you really in?
- Annual Goals- Set up season, game, and individual goals for your team.
- Clear expectations- Everyone needs to be on the same page. You need to articulate what you want your program to be all about.
- Open mind- Be open to what your coaches and players tell you needs to be changed during the course of a season. It is the players' team, not yours.

**"It is not the size of the vision that determines acceptance, support, and success.
It is the size of the leader."
John Maxwell**

**"Those who have plans and goals dictate to others,
while those who have no plans and goals are dictated to."
John Wooden**

Character: Character makes trust possible.

We have a character issue in our country today – don't fall into the trap!

- Honesty- Be up front with your players. Even if they don't like it, they need to know what their role is on your team.
- Self discipline- You are an example for your players. They watch every move you make.
- Hard work- You cannot expect your players to work hard if you do not.
- Priorities- Make decisions based upon your priorities.
- Mutual respect- If you do not respect your players, they will not respect you.
- Sincere caring- Players can read through you. Do you really care about your players?
- Good listening skills- Do you really listen? Do players feel that they can be honest with you?
- When you make a mistake admit it. Go one step further – apologize! Nobody who has ever been born on the face of this earth, except for Jesus Christ, is perfect!

"Without self-discipline, success is impossible, period."

Lou Holtz

"Each of us is put on earth with the ability to do something well.

**We cheat ourselves, our families, the world, and
the Lord if we don't use that ability as best as we can."**

Chuck Knox

Who do you Like to be Around? Who you are is who you attract.

- You attract people who have qualities like yourself.
- You are who you like to spend time with.
- If the people you attract are questionable, then it is time for you to improve yourself.
- Bad company corrupts good morals.

What do you see as the 5 most important qualities that you should have in order to reach your full potential as a student first and athlete second.

A. Prioritize the qualities you listed 1-5, 1 being the most important quality.

B. Put a + by each quality that you possess.

C. Put a – by each quality that you need to work on.

D. Set up a plan: How you are personally going to make that (–) into a (+)?

I am fully convinced that 95% of what happens to you in life is not as important as how you respond to what happens to you."

James Dobson

"Success is peace of mind that is a direct result of self-satisfaction in knowing you made the effort to become the best that you are capable of becoming."

John Wooden