

“We are what we repeatedly do, EXCELLENCE then, is not an act, but, a HABIT.”

“Don’t assume the world is how YOUR eyes see it.”

“When building a team search for people who love to win. If you can’t find them, search those who HATE to lose.”

“Trust is the lubrication that enables ordinary teams to become *championship** programs.”

“The best way to inspire people to superior performance is to convince them by everything you do and by your everyday attitude that you are wholeheartedly supporting.”

“Inspiration is GIVING. Is your well full enough to GIVE?”

**Champions are measured from the inside out.*

*SPORT : WHAT HAS CHANGED & WHAT REMAINS THE SAME
Coach/Player Anthropology**

Pre Title IV-It was not popular for girls to play sports (person today: 45yr old and older)

60’s-70’s-Predominately tomboys played in HS/College(“ESPN, field rat”).

Family: Unit stronger then.

Sport: Was played for fun & competition. No scholarships, Olympics.

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CHAMPIONS at work & play.

*World: Was NOT connected: WE did not have constant knowledge of:
Governments and their lack of ethics
Church and their lack of ethics*

Practice Discussion: 1978

Player: "Coach, can I get 200 backhands."

Coach: After you finish these 200 forehands!"

Coach's Team Culture:

"If you want a friend, get a dog. I'm here to win balls games. Get on the train or get left behind at the station!"

Post Title IV-It become popular for girls to play sports(person today under 45yrs.-Scholarships &/or Olympics

80s Player-Present

Family: Family unit has broken down. Over 50 marriages end in divorce.

Sport: Increased opportunities for all types of girls. Sport became "popular".

(Tomboys are now joined with the mall girls and the fashionistas).

World: Is connected 24hrs. news, internet. We have constant knowledge of:

Governments and their lack of ethics.

Church and their lack of ethics.

Practice Discussion: 2007

Field Rat Player: "Coach, can I get 200 more backhands."

Mall Girl Player: "Coach, you said practice was gonna be 2 hrs. It's been 2 hrs. and 15min.?"

Coach: "Anyone is welcome to stay after for extras."

Coach's Team Culture:

"It's not about liking each other and all socializing together. It's about respecting each other for our differences and coming together bound by principles/standards* of our program.*

Please Note: YES! There are HYBRID: ESPNistas.

The student athlete can become jaded or cynical, many are not even aware of their view of the world. She may lack the ability to have clarity post college graduation because her entire life has been structured for her. Her opportunities are limitless which can paralyze her at times. This is not a judgement, simply a fact.

As coaches and leaders it is imperative that we teach them:

1.To be comfortable being uncomfortable

2.To leap outside of their comfort zone.

3.To teach resourcefulness. Let them figure it out on their own.

4.Reinforce that everything in life isn't about "wanting or not wanting" to do it.

Encourage executing the disciplines in life: things they "don't want" to do.

**WHAT REMAINS TIMELESS: THE SAME OVER DECADES OF SPORT/SOFTBALL
THEY PREFER AN ORGANIZED ENVIRONMENT
PRINCIPLES AND STANDARDS WHICH ARE ENFORCED
ROLE CLARITY
HAVING FUN**

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CHAMPIONS at work & play.

**THEY APPRECIATE PROGRESS AND IMPROVEMENT WHEN DOCUMENTED BY THE COACH.
THEY PERFORM BETTER WHEN CHALLENGED (HIGH STANDARDS) THROUGH POSITIVE INSPIRATION**

Definitions:

**Anthropology- Study of characteristics and customs of humanity.*

**Principles-Fundamental truths*

**Standard-Rules/policies to hold up our principles.*