

Keys To Being A Champion

As a young coach I was very fortunate to have the opportunity to assist two of the top coaches in Wisconsin. Gordy Schofield at Antigo and Roger Haring at UW-LaCrosse both had programs that were extremely successful. Their styles were very different, but they had many common characteristics and expectations. When I became a head coach at Seymour we modeled the program after what was learned from them. Whether you are coaching boys or girls, football, soccer, basketball or any other sport, it really doesn't make any difference; this formula for success is worth considering. It is important for players and parents to understand what is expected of them.

Early in my career as a head coach we printed up, *"Eleven Keys To Being A Champion"* on a 3 x 5 card. We handed these out at our pre-season meeting with parents and players. The players were told to put one on their mirror where they would see it everyday. Using visuals, we reviewed the meaning of each statement and how the parents and players may assist in making the season the best possible experience for all. The eleven characteristics were also professionally printed on a 4 x 8 sheet of plywood painted in school colors and displayed in our locker room.



Seymour Football



Eleven Keys To Being A Champion

1. **PMA** – Always believe you will be successful.
2. **Preparation** – Practice with a purpose.
3. **Self-Discipline** – Follow all training rules.
4. **Commitment** – Make sacrifices for the team.
5. **Loyalty** – Always speak about teammates in a positive manner.
6. **Courage** – Stand up for what is right.
7. **Pride** – Be a “winner” on and off the field.
8. **Desire** – Possess internal drive to do your best.
9. **Class** – Respect others as you strive for excellence.
10. **Persistence** – Be able to “bounce back” from adversity.
11. **Work** – Push yourself into peak condition.

Follow these rules and you will help make our TEAM NUMBER 1!

Coach Collar

Consider making your own list and customize it for the sport you coach. It is important for players and parents realize what you stand for and the type of commitment you expect from them.

“If you don't stand for anything you will fall for everything!”