

Eleven Keys to Coaching Longevity

Bill Collar, Seymour, WI "All The Way With PMA!" www.billcollar.com

1. Keep a Positive Mental Attitude!

After the Bay of Pigs fiasco President Kennedy remarked, "Victory has many fathers, defeat is an orphan." Unfortunately, this is often true in sports. You will find the true content of your character by how you react to adversity. Work to be upbeat and positive after a loss and during a difficult season.

2. Coach with Passion.

Emerson stated "nothing great was ever accomplished without enthusiasm." Coach on the run and speak with confidence and determination. Attitudes are contagious; make sure yours is worth catching.

3. Have a Plan for Criticism.

Be prepared for unjust comments from people who are quick to find fault. Consider the source of the comment; if you respect the person speak with him to get to the root of the problem. If you don't respect him, ignore it.

4. Never Expect Gratitude from Teenagers.

Seldom do teenagers realize the amount of time, effort and commitment the coach puts in to help them reach their full potential. They tend to focus on their own lives and rarely express appreciation. Your gratitude will come from the personal satisfaction of building a cohesive team.

5. Work Smarter not Harder.

Concentrate on the tasks that bring the greatest return on the time invested. Too often a coach will work hard, but much of the effort does not bring about the desired result. Do a task analysis to determine a list of priorities. Be sure to delegate proper tasks to assistants.

6. Know Which Battles to Lose.

It is important to be flexible in dealing with others. At times you may have what seems to be great idea, but there is a time to redirect your efforts when your idea is met with too much opposition. This is important to remember when working with administrators and faculty members.

7. Find Time for Your Family.

You spend so much time working on your sport and building a championship team, but make sure you schedule in time for your wife and family. During the season set aside a certain time for family concerns. Your children will grow up in a hurry--- invest in them now!

8. Keep a Sense of Humor.

Be passionate about your sport, but make sure you and your players are having fun. Enjoy the light moments in practice and have a good laugh when the opportunity comes up.

9. Teach Life-long Lessons.

Much has been said about the building of character through participation in athletics. This is not an exaggeration. Many of the characteristics necessary for success in life can be reinforced through athletic competition. Today's society places a premium on workers with interpersonal skills and problem solving ability. You will feel good about emphasizing positive values.

10. Don't Discuss Playing Time with Parents.

Explain to the players and parents if there is a question about their playing time it is the responsibility of the player to speak with the coach about this concern. Communication is part of the maturation process. Parents must honor the unique relationship that develops between the coach and players.

11. Keep the Game in Perspective.

Realize that you expect the best from yourself and the players. What more can you give? Your health, family, integrity and career must not be compromised in pursuit of victory.