

**DO YOU HAVE
TIGER STYLE?**

Why I am here?

- I am a College Wrestling Coach. I build winning teams. In the next 45 minutes I hope to Teach, Motivate, and Inspire you to want to LIVE TIGER STYLE!
- Be that Teacher that inspired you.



How did I get here? My Journey

- My Journey to Mizzou?
- My meeting with new AD Mack Rhoades
 1. What do you do in your free time?
 2. What date/year did you get married?
 3. What do you love most about your job?

Coach McGuire- THINK

Think- You need to have that person that makes you think about the way you are doing what you do

- The track team is singing Kumbaya!
- How can I get wrestlers to do something like that and then tell them to try to beat each other up in a combat sport.
- But it made me think about how I was dealing with my athletes
- Now we have camp outs with story time, getting to know you games and the team loves it. The culture of our team has changed from the jock to being leaders in the athletic department.

Discover

Discover/Grow - by making people think about what they are doing / it makes you discover there are other ways to do it.= Discover is important, I truly believe if you don't read books/attend clinics/ask questions you are not discovering and if your not discovering you won't grow as a coach

Coach McGuire - shares books with me all the time and every book inspires me and injects energy into me a person and coach.

Read to get inspired....

“You do one of two things in life- Pay the price now enjoy later or enjoy now and pay the price later” John Maxwell- What a great quote to start a talk with young men about to start college.”

Use Mentors

Using mentors- have other coaches who you can ask for advice and not be afraid to say to them that I am struggling I need help or just advice.

Use **other successful people/non coaching-** use Mentors to get a different perspective on your problems and successes. I am not afraid to ask people to be my mentors - Maly, Brother, Mike Alden Find out why they succeed.

Hiring Coaches

Don't hire a coach because they know your system, hire someone who will add to it and make your system better (make you think and discover.)

Know your weaknesses and hire someone who has better/stronger skills than you.

Why Tiger Style?

Why choose this as our philosophy? We choose Tiger Style. We choose Tiger Style as a lifestyle, not because it is easy, but because it is difficult. We choose Tiger Style because its goals and expectations will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.



Why Tiger Style?

.....this is Why we succeed

"We choose to go to the Moon in this decade and do the other things, not because they are easy, but because they are hard."

- https://www.youtube.com/watch?v=2wT_N1_OJG8



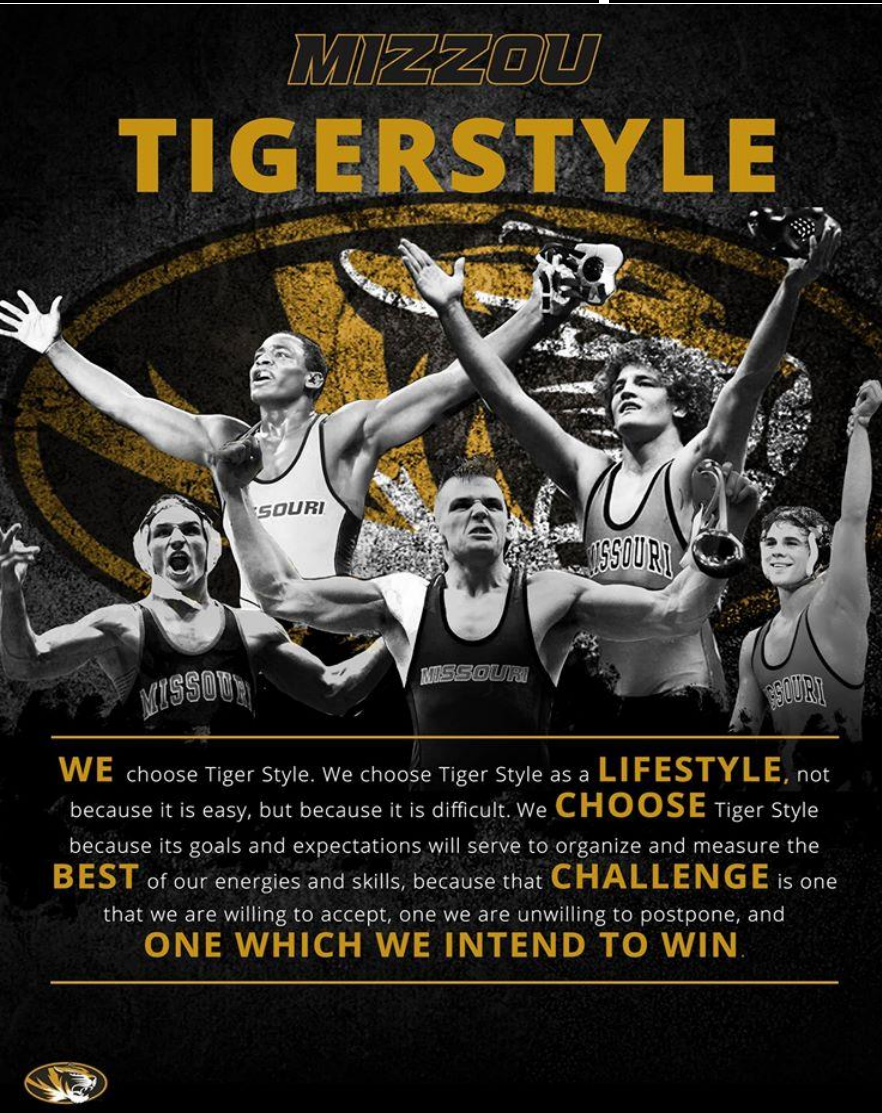
BELIEVE



“You start believing that little things add up, and all of a sudden I realized that winning the NCAA Championship had become a reality over the last couple of years. It was something I strived for my whole life, and it happened because I believed in what I was doing everyday.”


**Mark Ellis
NCAA National Champion**

Believe



MIZZOU
TIGERSTYLE

WE choose Tiger Style. We choose Tiger Style as a **LIFESTYLE**, not because it is easy, but because it is difficult. We **CHOOSE** Tiger Style because its goals and expectations will serve to organize and measure the **BEST** of our energies and skills, because that **CHALLENGE** is one that we are willing to accept, one we are unwilling to postpone, and **ONE WHICH WE INTEND TO WIN**.



BRAND IT! “Tiger Style”

- My interview document at Mizzou- 7 years later
- Getting people to believe in your purpose and then they will follow you
- “What do you do here?”

Develop your Brand/Vision

“Tiger Style”

- People don't care how much you know until they know how much you care. Find people who believe and surround yourself with those people.
- Teach Tiger Style to everyone- team, administrators, boosters, anyone who will listen
 - ◆ You must have goals in your life, or otherwise be prepared to be used by those who do have them. HB
- Vision and action – you must be willing to live your words.

**What we say or do
= Impacts Lives**

Relationships

Coaching is about relationships

- Why do young kids get involved in extracurricular activities
 1. My friends are doing it- Fun
 2. Be a part of a team/group- fit in
 3. Learn a skill
 4. Shape- be active
 5. More Competition
 6. Increase Self confidence
 7. Win

My son's school track team- 100 kids

- slow, don't win much
- Social- hanging out
- Cheering for each other
- Only time it changes is when crazy parents show up and focus on winning

Coaching 101

Relationships

"Athletes don't care how much you know until they know how much you care."

- As a coach I have to learn to be a part of their life.
- Get to know them, their goals, their family, their fears, problems and care about them.
- I have to live a life that sets a high example of what I want them to model. I talk about my family, I talk about my wife and my relationship, my parents etc. I must live Tiger Style if I want them to live it.
- Tiger Style Camp- Relationship, Fun, Technique, then they want to work.

What makes the movie? Is it the Wins? Or Relationships?
Miracle, Remember the Titans, Million Dollar Arm

These movies are about how a Coach brings out the best in his/her athletes by growing personal relationships.



Attitude

- Attitude is the little thing that makes a BIG difference. If you don't like something change it; if you can't change it, change the way you think about it. "We must become the change we want to see."
- Shoe Salesman – "they don't wear shoes"
- 7 mile run
- Love what you do, surround yourself with people who believe in the purpose. It will than permeate through everyone with the program.
-Askren to Ellis, Ellis to Schavrien, Schavrien to Waters

TIGER STYLE



WRESTLING CAMPS

TEAM CAMPS | TECHNIQUE CAMPS | INTENSIVE CAMPS



COMPETE



“Competition is a Mindset that I applied not only to wrestling but in everything I do. As I started my Masters degree In Buisiness, I knew that my classmates had no idea what was coming, I was going to outwork them all.”

Nathan McCormick

All - American

3x Academic All American

SEC Athlete of the Year Finalist

Everyday is a COMPETITION

SURROUND YOURSELF WITH COMPETITORS!

- Weight testing/ Runs
- Individual practice results
- End of the year Film results
- End of the year wrestler reviews
- Tiger Cup/ Spirit Week
- Grade Point- Being on the "Academic Board"
- I want to be on "Both sides of the Wall"

Competition



MIZZOU
WRESTLING

- When things are difficult you focus more
- “Sandbags”
- Obstacles are just what you make them. Lack of direction is why we have more obstacles.

How to overcome obstacles/Preparation

- Learn from the best- read, use mentors
- Every detail matters – prepare for everything
- Have a to do list for everyday
- Time Management – Work hard and smart – Time lost can never be found – BF
- Focus on what you can control
- Can you measure your performance?
- Great moments are born from great opportunities/Miracle/pre-Russia. Tonight is our time
- The OSU story.

Discipline

- Discipline is doing what you are supposed to do in the best possible manner at the time you are supposed to do it.
- The more frequently you use it, the more competent you become at using it.
- Puppy Story
- Make the tough decisions



TM

**MISSOURI
WRESTLING**

What is One More?

- Story behind “One More”
- Everyone gives one more
....Collectively we all become better as individuals and as a team.
- One More teaches Leadership
- “Successful people aren't born that way. They become successful by establishing the habit of doing things unsuccessful people don't like to do. The successful people don't always like these things themselves; they just get on and do them.”

1 More = Leadership

- Leadership is not easy. You have to make tough choices and be discipline to the Purpose. JE story
- My best teams have all had great leadership so I focus on developing strong leaders.
- Peer leadership is so important to team success.
 - Frequent meetings with individual leaders
 - Have experienced wrestlers teach the younger
- “The Greatest Practice Ever” Story
- “A great coach will train you to do what you couldn’t do before, motivate you to do what you thought you couldn’t; and bring out the absolute best performance you are capable of and then some.”



“I think having the ability to communicate and, once again, having the ability to sell your beliefs is the key to being a successful coach. You have to give your players something to believe in, then they will have something to belong to. Once they have something to belong to, then they have something to follow. ...when you are a coach you are just selling.

You are selling team building, you are selling your system of play, you are selling everything associated with making an individual better, and collectively your team

Herb Brooks 1980 Olympic Hockey Coach

Believe

Compete

One More



Expect to win is Confidence

Repetition toward self discipline...you start to believe you/we can go accomplish things

Be the model of the team/company values that everyone can see.

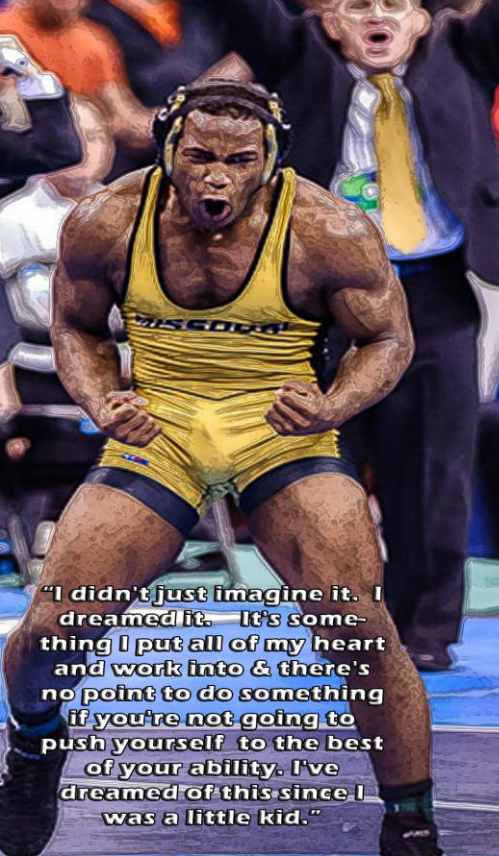
By caring you grow a relationship and they will do more for you.

Tiger Style

They grow, they gain confidence, they are more invested, they are more motivated to practice and compete in everything in life. They are prepared to walk into any situation and be great Wrestlers, Students, Employees, Sons, Fathers, Husbands. That's what Tiger Style is all about.

Expect To Win/ Expect to Earn It

MISSOURI MADE
MIZZOU
WRESTLING



"I didn't just imagine it. I dreamed it. It's something I put all of my heart and work into & there's no point to do something if you're not going to push yourself to the best of your ability. I've dreamed of this since I was a little kid."

J'den Cox
2014 National Champion



MIZZOU Defeats #1 IOWA to win the 2015 National Duals



2015 NATIONAL DUALS FINALS
CHAMPIONS



@MIZZOUWRESTLING



/MIZZOUWRESTLING



Expect To Win

1. Mizzou Wrestling From 22-30 the first three years at Mizzou to....213 and 60 over the next 14
2. Two NCAA Trophy's- The only two team trophy's for any sport since 1965 at Mizzou.
3. Seven NCAA Champions in the past eleven years
4. Five Conference championships in a row 2012, 13, 14, 15, 16
5. Mizzou Wrestling has produced 36 All Americans in the past decade.
6. Mizzou Wrestling ranked number 1 in the polls in 2006-07 and in 2014-15 season.
7. Six top Ten NCAA finishes in the past ten years.
8. Only Mizzou sport to win their significant "Heisman" Award, the Hodge, won by Ben Askren in 2006 and 2007.
9. Two Olympians in the past three Olympics



Mack Rhoades Questions

1. What do you do in your free time?
2. What date/year did you get married?
3. What do you love most about your job?

“If your actions inspire others to dream more,
learn more, do more and become more, you
are a leader.”

John Quincy Adams

Now.... GO TO THE MOON!

Go Live Tiger Style