

Lessons Learned in a Lifetime in Athletics

Sports - A Huge Social Investment

How Discipline Has Changed

**The Pride Factor
Confidence in Your Preparation**

**Knowing Your Stuff
Problem Solving Skills**

**Demand Concentration
Eliminate Powderpuff Communication**

Be Positive – But Brutally Honest

Developing a Positive Current & Culture

**Simmer Science
Temper Technology**

**Own It
Even Good Excuses are Excuses**

**The Team as a Family
Demand Contributions to the Team**

**Everyone Can't Be Saved
Nobody Is Bigger Than The Team**

Look For Simple Answers First

**Don't Chase Rabbits
Timeless Truth Doesn't Sell**

**Don't Nag - Draw a Line
Clear Expectations - Nothing Else Matters**

It Takes Talent – Ego In Coaching

Breed Independence and Ownership

Questions ?

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