

# STOKING THE FIRE WITHIN

WSTFCA Everett 2010

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(slide 2) **THREE COACHING OBJECTIVES**

- Winning
- Having fun
- Development of the individual

(s-3) **MOTIVATION**

(s-4) **NOBEL PRIZE**

- Years of training
- Effort
- Education
- Sacrifice

(s-5) **MOTIVATION – THE KEY** (Psychologists point out five powerful wants):

1. Everyone wants to do the right thing.
2. Everyone wants to find better ways of doing things
3. Everyone wants to achieve things of which he or she can be proud.
4. Everyone wants to belong to a group that achieves the extraordinary.
5. Everyone wants to earn respect and recognition for what one is and what one achieves.

Not all can satisfy these important wants. Still, everyone can try. GO AHEAD ....  
GET THREE OUT OF FIVE!

(s-6) **WHAT DOES IT TAKE TO TURN YOU ON?**

(s-7) Every athlete has untapped potential and yet very few athletes tap a source of immediate and dramatic improvement.

Prepare the intellect, emotions, and spirit as carefully as the heart, lungs, and legs.

(s-8) **COMPLETE ATHLETE TRIANGLE** (Spiritual / Emotional, Physical, Mental)

(s-9) **HORMONES** (Another ball of life for high school student-athletes to try and juggle...)  
(some additional “balls” parents, siblings, school, peer pressures, bodily changes)

(S-10) **IMPORTANCE OF GOALS** / PIONEERING BREAK-THROUGHS  
ROGER BANNISTER 1954

348 Americans have run sub 4:00 (not counting 1500m conversions)  
19 Americans last year (2010)  
1,175 athletes by mid-August 2010

(s-11) **BILLY MILLS**

(s-12) **BRUCE JENNER**

(Hagen, GFU)

(s-13) **BE ALL YOU CAN BE**

I will do everything I can to be first. If I can't be first, I will be second. If I can't be second, I will be third. If I can't be third, I will do better than I have ever done before.

(s-14) **HAVE A POSITIVE ATTITUDE .... IT'S AN ADVENTURE!"**

(Heather Whitestone (deaf) 1995 Miss America)

(s-15) **RECORDS:** Performances and results are determined by the fraction of an inch and 1/100<sup>th</sup> of a second....**RESULTS MUST BE IMPORTANT!**

1. School records
2. Top Ten All-Time
3. Class records
4. Top Five Class Lists
5. Relay Records
6. District / Regional Meet Scorers
7. State Qualifiers
8. State Meet Scorers
9. Top Season's Scorers
10. Meet Records
11. Field Records
12. "Multiple Man / Woman"
  - a. Throwers (combined distance for all three throws)
  - b. Sprinters (1-2-400 combined times)
  - c. Endurance (8-16-32 combined times)
  - d. Hurdlers (short-long combined times)
  - e. Jumpers (combined heights-distances)
13. Track and Field Hall of Fame (make up your own criteria)
14. Top XXX on annual performance lists .... Who's Who / athletic.net
15. Workout / special events records
16. Meet Results (noting PR's, season's bests, individual scoring, record performances)
17. MAGIC MARK PLACQUES

(s-16-17) **GET THESE ON DISPLAY -- get your athletes as much exposure as possible.**

**\*\* If your only display is the typical School Records Board ..... that characteristically honors 15 athletes plus a couple of relay teams. Expand your exposure with a Top Ten board and you have created well over 200 slots to recognize and honor your athletes .... and you will have recognized some very special folks, undoubtedly high achievers, who were just not quite able to grab the top rung.**

(s-18) **RED DOTS**

(s-19) **GUMMY BEARS and JELLY BEANS**

(s-20) **ATHLETES OF THE WEEK** (be creative with your award)

(s-21) **CREATIVE LONG JUMP MOTIVATION**

(s-22-23-24) **SPECIAL AWARDS**

(s-25-26) **NUGGETS, AFFIRMATIONS, CREATIVE ENCOURAGEMENT IDEAS**

(S-27) **FOUR BASIC COMPONENTS OF HEALTH**

- Diet
- Sleep
- Exercise
- PMA (many studies have shown that PMA can bolster the immune system)

\*\* Let's add #5 – **LAUGHTER** – *unleashes chemical neurotransmitters and hormones throughout the body, contributing to an overall sensation of well-being in much the same way that exercise does.*

(s-28) **FUN**

- Games
- Relays (Izzy Dizzy)
- Orienteering
- Flag Run / Creative marker competition
- Jump-ums
- Event meals / socials
- Milkshake day
- Scavenger hunt
- BBQ “in the ring”
- Wacky competition day
- Polish baseball

(another source) -- **TRAINING GAMES** by Eric Anderson, TAFNEWS Press, 1984

(s-29) “Any coach can develop a few all-star athletes, but a quality coach will also develop a lot of all-star people.” (John Scott, Sport America, Inc.)

***IF THE MAN WHO PLAYS THE BUGLE DOESN'T SOUND A CLEAR CALL, WHO WILL PREPARE FOR BATTLE? (I Corinthians 14:8)***

(s-30) **Like volcano lava ... if you want to get to the top, you gotta keep the fire burning!**