

CHAMPION COACHES IN THEIR OWN WORDS

Reading books and articles written by highly respected and successful coaches goes a long way toward helping you reach your goals and dreams. These books and articles provide insight to what makes each of these coaches successful. Using their insights, strategies, and philosophies within our athletic department will help our athletic programs reach their full potential. Here are some great examples:

Nick Saban – Head Football Coach, University of Alabama

“How Good Do You Want To Be?”

Some concepts outlined in this book:

1. Anticipate Problems and Prepare
 - Prepare for the worst
 - Know that change can lead to better choices
2. “Disease of me” (concept for 1994 Pat Riley Book – *The Winner Within*)
 - Seven symptoms: *Personal effort mustered solely to outshine a teammate, Feelings of frustration even when the team performs successfully, etc.*
3. Being a Great Leader
 - Great leaders stand up when adversity arises
 - Great leaders do not rush to make changes because of failure
 - Great leaders make tough decisions
 - Great leaders insist on excellence
 - Great leaders are not always popular
4. Doing the Right Thing
 - It takes a lifetime to build a reputation, but only a second to lose it
 - Character is what you do when no one else is watching
 - No man stands as tall as when he stoops to help a child

A favorite quote from the book:

“Though maintaining focus can take practice, it is well worth the effort. When I ask the question, ‘How good do you want to be?’ I am also asking, ‘How hard are you willing to work at it?’ The ability to eliminate distractions and focus is not easy but will help you get better at everything you do.” (pg. 63)

Jim Tressel – Head Football Coach Ohio State University

“The Winners Manual”

Some concepts outlined in this book:

1. Discipline
 - It is not enough to get things done—they must be done right
 - Improving yourself is the best way to help your team
 - *Do it right; Do it hard; Or do it again*
2. Excellence
 - Excellence is not an act... but a habit (Aristotle)
 - Increase in Excellence – *The number one expectation within our Ohio State football family is to seek excellence in all phases of our lives*
 - Defining Excellence – *The hallmark of excellence, the test of greatness, is consistency*
3. Work
 - Work is a lifelong pursuit
 - Keeping work in perspective
4. Responsibility
 - With tradition comes responsibility
 - Integrity and truth
 - Carrying ourselves with class

A favorite quote from the book:

“How do you see it? Two stone cutters were asked what they were doing. The first one said, ‘I’m cutting this stone into blocks.’ The second one replied, ‘I’m on a team that’s building a cathedral.’” (pg. 131)

John Wooden – Former Head Men’s Basketball Coach, UCLA

“Coach Wooden’s Leadership Game Plan for Success”

Some concepts outlined in this book:

1. Pyramid of success.
 - *I do not accept the notion that the score can make you a loser when you have done your best. It cannot. Nor can it make you a winner if you have done less than your best.*

- Searching for a standard higher than merely winning
- 2. 12 Lessons in leadership
 - Good values attract good people
 - Little things make big things happen
 - Make each day your masterpiece
 - Make greatness available for everyone
- 3. A leadership reality check
 - Ability may take you to the top, but it takes character to stay there
 - Do not let what you can't do interfere with what you can do
 - The will to win means nothing without the will to work
 - If you do not have the time to do it right, when will you find the time to do it over?
 - Be more interested in finding the best way, not in having it your way

A favorite quote from the book:

"Success may result in winning, but winning does not necessarily make you a success. Success, as I define it, is harder to achieve." (pg. 73)