

**PLAY LIKE  
A CHAMPION  
TODAY**

Character Education Through Sports

# Champion Coach Note

Educating and Forming Champion Coaches

## Building Character



At the core of the *Play Like a Champion* philosophy is that coaches need to be intentional about developing character in athletes. What is character? *Play Like a Champion* Conference speaker Bill Matthews gives a quick explanation in [this week's video](#).

Bill states, **“When you give an athlete a process for dealing with adversity, they become stronger as a result.”** We want to remind you of some specific coaching techniques to assist athletes in managing adversity and thus building their character. Coach athletes to **[Change Negative Self Talk](#)**; Encourage athletes to be **[P3 Thinkers](#)** - Purposeful, Productive and Possibility

Thinking and **[Utilize Learning Zones](#)** in your practices. These three practices will increase mental toughness in athletes as they encourage learning from mistakes while fostering a growth mindset.

When you attended your first Play Like a Champion Coach Clinic, we discussed the **[Coaching for Character Game Plan](#)** as a way to consider how you will intentionally build character on your team. Last fall, **[we suggested you complete a new one of these](#)** for the 2018-2019 year. With more than half the year gone, now is an excellent time to review that Game Plan and check your progress.

Where have you succeeded and how can you improve?

Sports can build character or they can develop *characters*.  
Which will your team develop?

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# Registration Now Open for 2019 Play Like a Champion Sports Leadership Conference!



**Register Now** for this year's Play Like a Champion Today Sports Leadership Conference, June 21-22 on the campus of the University of Notre Dame. Drawing in the theme *A Team for Every Child*, this year's conference features an outstanding roster of speakers and interactive sessions that will help each administrator and coach to grow themselves while leading programs that promote opportunity and

develop the whole child. See our current list of speakers and learn more about what to expect in 2019 by [visiting the official website](#). Don't miss this extraordinary opportunity to learn, be inspired, and connect with leaders from across the country!

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## A Coach's Prayer

Heavenly Father, I thank you for the privilege of coaching this team. Thank you for the gift of each player and the gifts you have given them. Thank you for all that these children contribute to this team. Watch over this team as they compete, Keep them safe and grant them courage and strength to complete the tasks required of them. May I give my best effort as a coach, as they give their best effort in competition. Amen.



*Pictured: Coaches and administrators from the Diocese of San Bernardino pose for a picture after last week's Coaching as Ministry Clinic. The diocese is the latest organization to partner with the Play Like a Champion Today Educational Series.*

Play Like a Champion Today Educational Series  
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