

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Coach Note

Educating and Forming Champion Coaches

Letting Go



With the end the school year and summer approaching, we have an opportunity to take an objective look in review at the past season/year of sports. Talking to players, fellow coaches, and administrators, and revisiting your season goals are important steps in the process of concluding one season and beginning to prepare for the next. Once that analysis has been completed, it is imperative to take some time for yourself, outside of your sport and your team. Stepping

back is important to do periodically throughout the season, too, but it is essential to unplug and take a break before starting to plan for next season.

Coaching, at its core, is a profession of service ministry and a profession of relationships. Coaches tend to be other-centered and value relationships. However, coaching responsibilities can cause some stress when trying to balance relationships and obligations with family, friends, athletes, and colleagues. The key, both during the season and at its conclusion, is to seek balance and to prioritize so that you can fulfill your responsibilities in your most important relationships. Dan Saferstein, author of *Your Coaching Legacy*, writes, “To be a leader, you need to have a heart big enough to take in all the people you are trying to lead, and also wise enough to not crowd out your loved ones” (10).

Think back on this coaching season:

- Did you take time to step away from your coaching work and do something to nourish yourself or to relish the company of those friends and family close to you?

Saferstein points out: “It is hard to truly give to others when you don’t take proper care of yourself” (29). He also writes, “One of the keys to being a great coach – or a great anything – is learning to let go of what you’re doing every day so you can return to it fresh the next morning. If you don’t let go, you will grow stale and your staleness will be contagious” (20). Working longer hours, staying late, or working at home are only rarely absolutely necessary. Be careful not to overindulge in your work or to let your coaching distance you from your personal family and responsibilities.



A certain level of detachment or compartmentalization is important to sustain relationships that matter. Nell Wooden, wife of legendary UCLA basketball coach, John Wooden, said, “I never could tell whether John had a good practice or a bad practice, because he never brought it home.”

The end of the season is a perfect time to recover, to enjoy yourself, to be less serious, and to find fulfillment in other things so that you can be rested and focused to give of your best self when the season begins again. *Let go. Focus on your relationships. Focus on you...on what you need to be your best self. If you do this, you’ll be better prepared, next season, to focus on others.*

Train yourself in godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. ~ 1 Timothy 4:7-8

A Coach's Reflection on Work/Life Balance

[Watch this video](#) interview of Stanford Women's Head Swim Coach Greg Meehan as he talks about



being an elite coach and still having a work-life balance. Greg has been named the Women's Head Coach for USA Swimming for the 2020 Olympics.

Coaches, listen to Greg's comments in the video, then reflect on the following questions:

**What are your most important relationships? How do you nurture them?
What is one thing you can do each week for self-care?**

This is our final coach note of the 2018-19 school year. Congratulations to all graduates! We wish you a safe summer and look forward to working together again in the fall!

Words of Wisdom

“A clever person once said that the key to managing your life well was akin to juggling balls, some of which were rubber and some of which were made of glass. He said the trick was to never drop the ones made of glass. So, FYI, there are only three made of glass. Faith. Family. Friends. Don't get confused and think your work is one of those made of glass. If you do, I can almost guarantee you that your focus on your work will cause you to drop one of those balls that are really made of glass. And when your faith is broken, when your family is broken, when your relationship with your friends is broken, you are broken, whether you know it or not. And if you don't know it, that's the worst of all.”

~ Jim Moroney – CEO, *Dallas Morning News*

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