

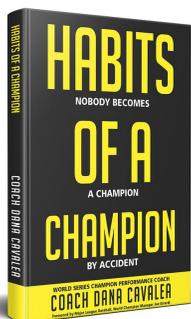
**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Coach Note

Educating and Forming Champion Coaches

Habits of a Champion



In his role as a High Performance Coach, Dana Cavalea has seen the habits that allow ordinary men and women to develop into elite performers. The former Director of Strength & Conditioning for the New York Yankees has seen these traits in Hall of Fame athletes, Fortune 500 CEO's, sales teams, and parents and coaches at every level. His book, [Habits of A Champion](#) synthesizes these habits into 15 lessons he's learned from Champions. There's wisdom in each of the 15 lessons. We would like to highlight two that stand out to us for their application to coaching young athletes.

In his third lesson, **Consistency Over Time Yields Results**, Cavalea discusses the importance of discipline, focus and commitment over the long-term. As coaches, this long-term approach to development is critical. We recognize that while all players or teams may be capable of one brilliant moment or performance, *Champion* teams are built from sustained excellence. As a result, we must focus on consistently living our team's values, doing the "little things" well every day, and developing habits that encourage continued growth. As Cavalea points out, that consistency can be the difference between the baseball player who hits .300 for a month and the one who does so season after season.

- **How do you coach for "consistency over time"?**
- **Have you seen this yield "results"?**
- **What can you do as a coach to be more consistent with a long-term development approach?**

His tenth lesson is based on the adage **Failing to Plan = Planning to Fail**. As coaches, this is true of the way we plan practices, set goals, establish team values and approach competition. Be intentional in all planning and consider long-term goals for both the team and athletes when developing a plan. Cavalea's point goes one important step further: while planning is necessary, we must also be prepared to fail since this is part of competition. Cavalea urges coaches to embrace failure as an opportunity to *pivot*, to evolve and change your plan. A *Champion* team will certainly be faced with injuries and adversity, but having a plan and being willing to adapt will help everyone to keep moving in the right direction.



- **Do you have a daily coaching plan? A weekly plan? A season long plan?**
- **What is your attitude toward failure?**
- **How can you help shape your athletes' attitudes when things don't go as planned?**

These are just two of the 15 lessons in Cavalea's book. Want to learn more? Cavalea will be speaking at the **2019 Play Like a Champion Today Sports Leadership Conference** this June! [Click here](#) to learn more about an exciting lineup of speakers like Cavalea and reserve your spot today. You can also find *Habits of a Champion* on-sale via [Amazon](#) and learn more about Cavalea at www.danacavalea.com.

I have fought the good fight, I have finished the race, I have kept the faith. From now on there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that Day, and not only to me but also to all who have loved his appearing. ~ 2 Timothy 4:7-8

The Athlete's Secret to Conquering Pain



Regenerative Medicine, along with good habits and nutrition and hormone optimization, are medically proven to be beneficial to the human body and provide relief from so many issues that can plague the modern athlete. For many athletes who have seen multiple specialists for an injury or condition with no answers, this field may provide an answer that can get athletes of any age back on the field. Endorsed by professional athletes across sports and a former US Surgeon General, it's an established area that's growing in popularity in modern

sports.

Want to learn more? Dr. John Stavrakos is board certified in Physical Medicine & Rehabilitation with training in Sports Medicine. A 1991 Notre Dame graduate and a former speaker at the [Play Like a Champion Today Sports Leadership Conference](#), Stavrakos's eBook, *The Athlete's Secret to Conquering Pain*, provides information and steps that can help athletes at all levels "heal your body and boost performance." [Click here](#) to learn more and order his book today!

Words of Wisdom

Victory or defeat is not determined at the moment of crisis, but rather in the long and unspectacular period of preparation.

~ Anonymous



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