

Keys to Reaching Your Potential

US Lacrosse of Michigan Annual Conference

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INSTITUTE FOR THE STUDY OF
YOUTH SPORTS

Michigan State University

Reaching Your Potential: The Journey



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Innsbruck, Austria

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Key #1: Dream Big

- What is at the summit of the mountain?

- Find your passion

*“The medals don't mean anything and the glory doesn't last. It's all about your happiness. The rewards are going to come, but my happiness is just loving the **sport** and having fun performing.”*

Jackie-Joyner Kersee, Gold Medal Winner

- Allow your dream to inspire you

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Mountain of Success: Obstacles



If you accept the expectations of others, especially negative ones, then you never will change the outcome.

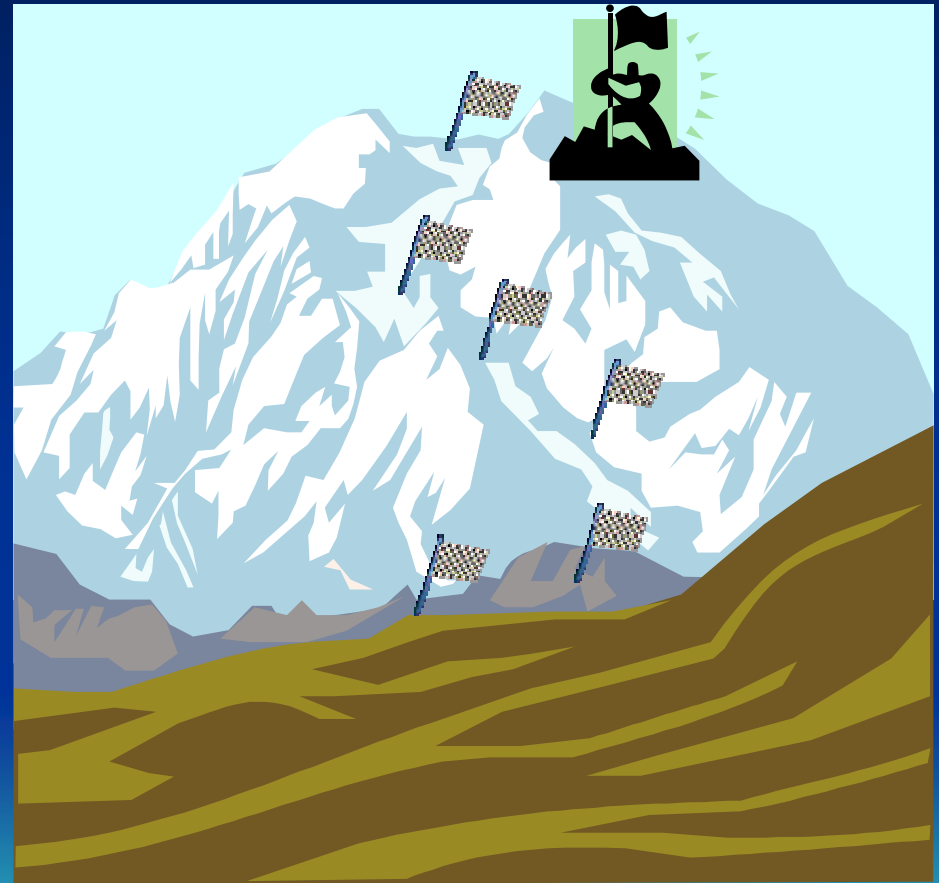
Michael Jordan

I think there are things that you can consider more important at the time (junior years), but in the grand scheme of things, they're scarily irrelevant.

Professional Tennis Player

Key #2: Be Driven

- To Set Short and Long Term Goals to Achieve the Dream
- To Reach Your Goals



Key #2: Be Driven (cont.)



Courtesy of www.20-20photo.com

- To Train
- To Quality Preparation
 - Mental
 - Physical
- To Recover

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Key #3: Practice Like a Champion

- Prepare
- Practice with a Purpose
- Practice with Intensity
- Enjoy the Process of Improvement Every Day
- Be Coachable – listen & accept feedback well

Commitment and Discipline

- *I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results. Michael Jordan*
- Many elite tennis players wanted to quit during the teenage years

Key #4: Be Your Own Coach

- Impact of Self-Awareness
- Identify Weapons and Weaknesses
- Set Goals – on the process of performing great
- Monitor Practice & Games
- Reflect
 - Post-game and Post-practice

“The principle is competing against yourself. It’s about self-improvement, about being better than you were the day before.”

Steve Young, Hall of Fame Quarterback

Key #5: Deep Down Belief

- Optimistic – “Glass half-full” Mentality
- Look at Big Competitions as Challenges, Not Threats
- Positive Thinking & Images
 - Build Yourself Up Daily
 - “I Think I Can”

Build Yourself Up, Never Break Down

- Build Up – but not like T.O.
- Learn from Losing and Move On!
 - Losing a game does not make you a loser!



Key #6: Eye of the Tiger (Woods)

- Focus *In the Moment*
- Focus on the 2 *P*'s
 - Positive
 - Productive



Key #7: Prime Time Player

- Cool Under Pressure
 - Controlled Breathing
- *Trust and Go*
- Stick to Your Game Plan
- Stick to Your Routine

The Uncontrollable: Support

- Parental/Significant Other Support
 - Build Up
 - Unconditional
 - In Control of Emotions
 - Look like a master coach
 - Provide the opportunity/resources
- Great Coaching/Mentoring
 - Development-oriented

- For you personally, what does it mean to

Perform like a champion every day

A stylized, low-poly mountain range in shades of brown and tan, positioned at the bottom of the slide. The text is overlaid on the central peaks of the mountains.

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To Be a Champion...

- ...is to live like a champion.
- ...is a:
 - Choice
 - Habit
- ...doing 1000 little things right, not just one thing.

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Reach Your Potential

- *"If you'll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives."*

- Vince Lombardi, Legendary Hall of Fame Football Coach

- Thank You! Questions?

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Photo by Michael Madrid, USA TODAY

Gary Gait

Hometown: Victoria, B.C. Age: 39

- Two Major League Lacrosse titles
- Three NCAA crowns as a player at Syracuse
- Inducted into the National Lacrosse League, U.S. Lacrosse Hall of Fame
- NLL league record-holder for career points with 1,091

“He’s so calm and cool, especially under pressure situations... It helps lead to championships.”

—Colorado Mammoth player Jay Jalbert on Gait

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