



(a subsidiary of TRUE NORTH CURLING INC.)

PRESENTS THE COACHING SERIES...

## “A PANE IN THE GLASS”

Bill Tschirhart – True North Curling Inc.

### **What is the Real Meaning of Sport in Your Coaching Life and Your Athlete’s Life?**

by **Wendy Morgan**, National Wheelchair Team Program Manager and Coach

The key element that needs to be contained within any ultimate pursuit is perspective – a balanced perspective on and off the field of play. An Athlete and Coach among a number of other pursuits, including work, family, personal past times, etc., also happen to participate in sport...

The Power of the Dream is the catalyst; the controlled passion is the positive motivator.

Being an athlete is more than simply displaying athletic prowess. The slim difference between winning and losing should not define an Athlete or a Coach. “You are not your performance!” Sometimes the Gods of good fortune smile on us; sometimes not. Sometimes we excel; sometimes not and sometimes our opposition simply outplays us. Sport history is full of stories of victory and defeat – how you handle either of them will reveal your true character and relative perspective.

And Athlete’s or Coach’s challenge is to bring the best he/she has on game day – to demand of yourself the clarity and readiness to perform to your potential in those moments that matter the most; and to be satisfied if everyone has contributed the maximum effort.

If any portion of your life is not in balance, achieving excellence or peak performance on demand will be greatly inhibited. But whatever the day brings, we will have experienced: the pursuit of our dreams and goals, and the challenge and the thrill of being in that vital ‘moment of possibility’.

As a coach, I look forward to assisting my team to achieve their performance potential.

To do that, each athlete will need a healthy perspective of themselves as a person... and the relative importance of sport in their life.

## What are the reality checks for your athlete?

- What does the look in your athlete’s eyes reveal (pre, during and post competition)?
- What is your athlete’s current body language? Presence?
- How firm/assured is your athlete’s handshake?
- What is your athlete’s present level of self-esteem, inner confidence and self-awareness?
- Are you dealing with the same athlete as a year ago, six months ago, and one month ago? Has your athlete grown and learned through experience and losses? Have you both moved forward through the process of reflection?
- Is your athlete still committed to pursuing excellence? Is your athlete still motivated to train to experience those moments in which every fiber of your being tells you that you are indeed alive and immersed in an experience that is most meaningful – outcome aside.

## What is the reality check for you the coach?

- What does coaching success mean to you?
- Are you constantly ‘emptying the cup’?
- Have you developed strategies for regeneration?
- Have you abandoned or altered your Coaching Philosophy?
- How do you affect/impact the quality of your athlete’s experiences?
- Do you see your current coaching experience as an opportunity or obligation?
- What do your eyes, body language and handshake reveal?

The Coach/Athlete relationship is more than just “The Performance” and “Results”.

The key concepts to a successful relationship include trust, collaboration, honesty, motivation, respect... can you finish this statement?

*Sport should be a positive vehicle to experience challenge, feel empowerment, establish meaningful relationships, enhance life skills, build strength of character, and create memories of a lifetime. What do you want your sporting life achievements to reveal... upon review – a full resume or lasting legacy?*

*Is your athlete still enjoying the journey?*

***“Deep within each heart***

***There lies a magic spark***

***To reach for your own star***

***To realize the Power of the Dream”***

- Celine Dion & David Foster