

# Performing Great when it Matters Most!

By Matt Candrl  
Owensville High School



Coaching track & field/cross country is about helping athletes become successful in the sport of track & field/cross country which teaches them the keys to being GREAT in LIFE!



# Mental Influencers:

Bill Gallagher  
Retired Head Coach  
Ashland University Track & Field  
AU Hall of Fame



Above, Bill Gallagher poses for a photo with his trusty bicycle while taking a break from a 10-day, 1,000-plus mile journey at Pickles Restaurant in Brimley. Gallagher, age 60, bicycled from his home in Ashland, Ohio, around the state of Michigan before stopping in Pentwater Sunday.

• Photos courtesy of Bill Gallagher



## Finding Mastery

Dr. Michael Gervais

★ 4.6 (1.4K) · SELF-IMPROVEMENT · UPDATED WEEKLY

Tuesday: Dr. Jeffrey Bland: The Groundbreaking Science Behind Reprogramming Your Genetics: The founder of the Functional Medicine movement, Dr. Jeffrey Bland. [MORE](#)

▶ Latest Episode



Rick Mcguire  
Retired Head Coach  
University of Missouri Track & Field  
Olympic Team Sports Psychologist 1992, 1996



Jud Logan

Former Head Coach

Ashland University

Sponsored by CanDo Athletics 1997

RIP

**OWENSVILLE  
DUTCHMEN  
DUTCHGIRLS**



# MINDSET TALKS 2-5 min. everyday

65 Days to Teach & Absorb  
(Minimum 60 days -12 weeks Class 1-2)

Why?

**You are their *Zone of Influence!***

Thoughts  
& Beliefs

Preparation

Talent

Preparation

MENTAL

PHYSICAL

***Zone of Influence***

PERFORMANCE



# What your athletes think matters!



# **PRACTICE**

## **ELM principle:**

E- Give Good Effort everyday.

L- Learn everyday from everything.

M- Bounce back from Mistakes.

## **3 Expectations:\***

1. Go to class. (College) -Be engaged in your classes. (HS)
2. Say Thank You a Lot!
3. Have a desire and passion to be Great!

# PRACTICE

**“Always do your best.  
Always do the right thing!”\***



**\*McGuire**



**“You are not truly ready to win,  
until you are not afraid to fail!”**

**Many teams fail, or lose the game by not giving their best, they try not to lose, and end up losing the game or competition.**

**Will to Win      vs.      Fear of Failure**

# CanDo's Principle #3

When Expectations  
don't meet Reality,  
you have Frustration.



# **International Sign of Male Frustration**



**Have you seen it?**

# Total Release Performance: A New Concept in Winning

by [Wes Neal](#)

Biblical based book.





**Give Your Best, Given all the Givens!  
Guaranteed Success!  
Guaranteed a Win, and Winning is Fun!**



**Great is being the Best You Can Be,  
on that day, in that moment!**



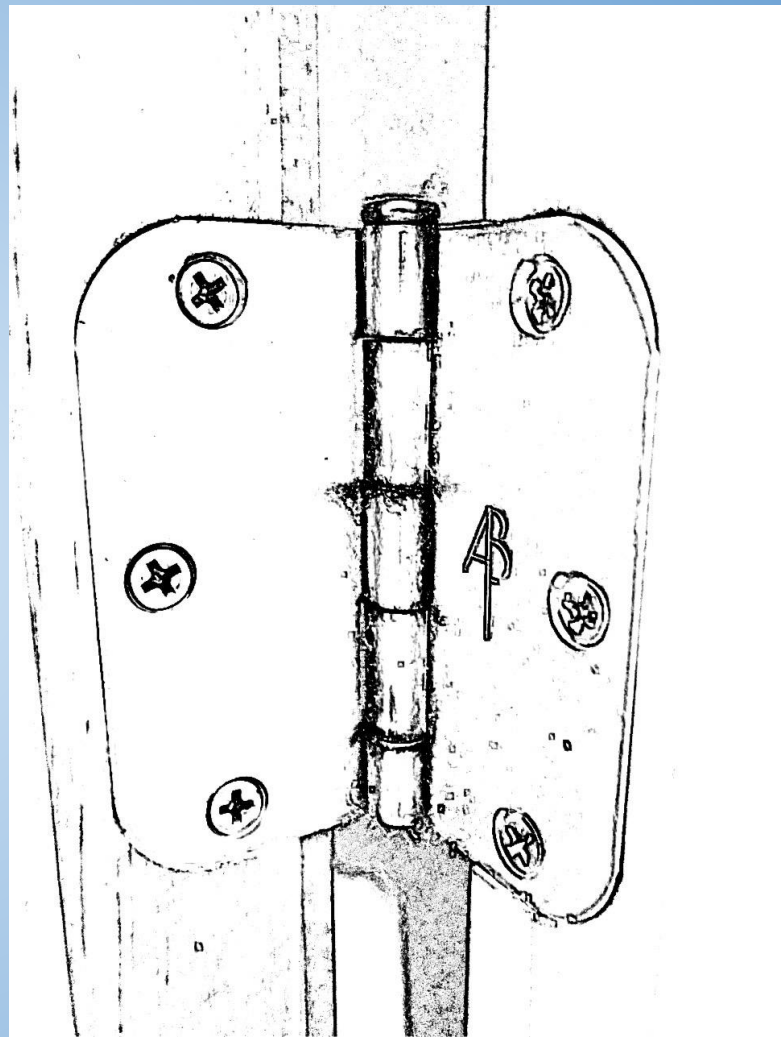
What was your

Hinge Moment?

**Athlete**

**Coach**

**Student**



# Hinge Moment- Coaching Experience

Sean Robbins- 1996 Olympic Trials 5th Place 25-8 ½ prelims 8.26m final

19th Best Jump at Olympic Trials-All Time. PR. 8.37 Indoor 27-5 ½”\*

1. Mike Powell (Foot Locker)	27'6 1/2" (8.39)	x	8.04	7.88	8.08	8.15	<u>8.39</u>
2. Joe Greene (Goldwin)	27'4 1/2"w(8.34)	<u>8.34</u>	w/x	x	7.98	x	7.99
3. Carl Lewis (SMTC)	27'2 3/4" (8.30)	7.98	<u>8.30</u>	8.04	8.29	8.15	8.24
4. Mike Conley (Foot Locker)	27'1 1/2" (8.27)	x	<u>8.27</u>	x	8.22	x	x
5. Sean Robbins (Ashland)	27'1 1/4" (8.26)	7.77	7.93	7.70	<u>8.26</u>	x	5.83
6. Erick Walder (Adidas)	26'11 3/4"(8.22)	8.00	8.15	x	8.19	<u>8.22</u>	8.22

“There is no finer line that separates those who win from those who lose!”



## 1996 Olympic Games- Atlanta

1. Carl Lewis United States 8.50
2. James Beckford Jamaica  
8.29
3. Joe Greene United States  
8.24



# The Mind is the Gatekeeper



**to the Body**

**\*McGuire**

# **FOCUS ON THOUGHT CONTROL!**

**My thoughts are my thoughts.  
Your thoughts are your thoughts.**

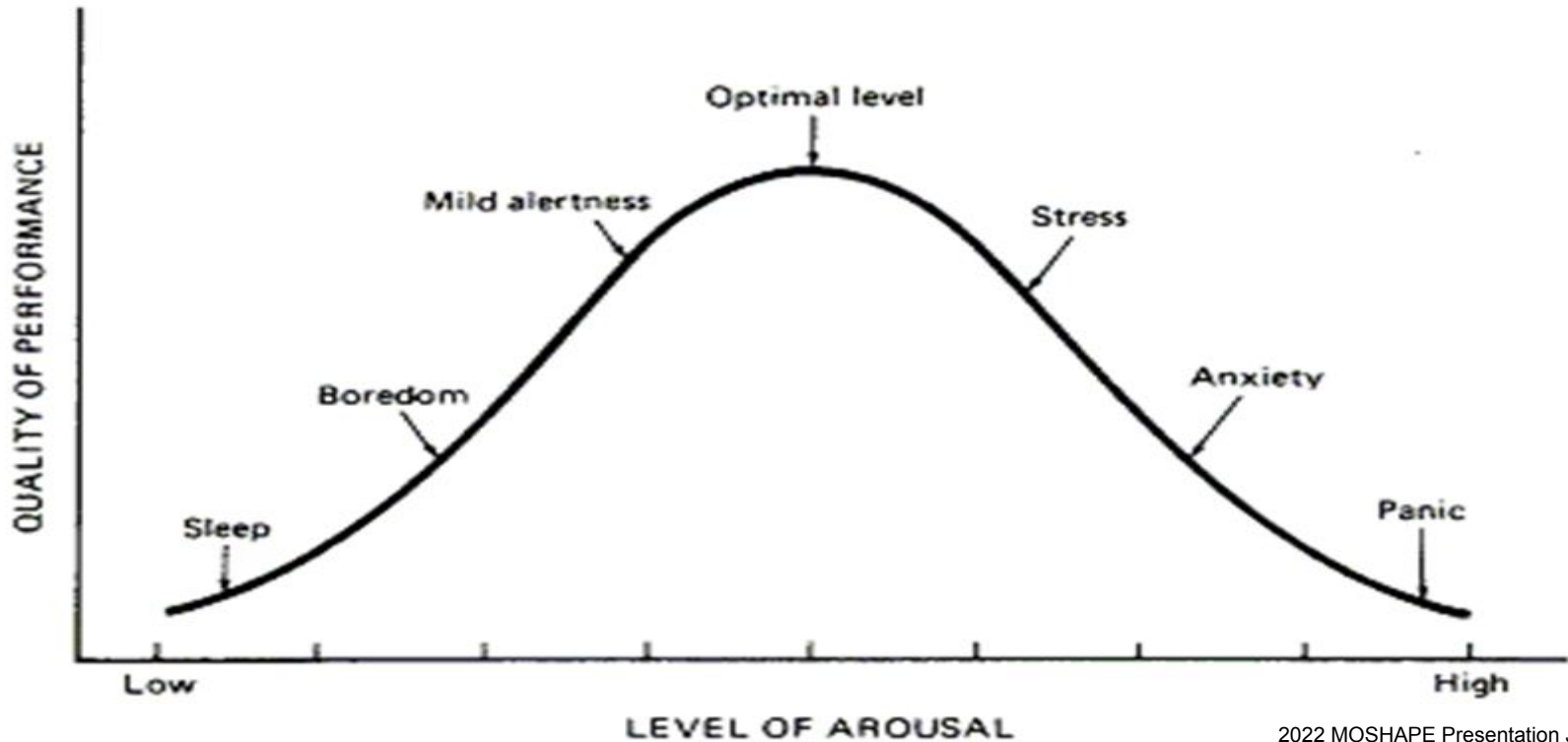


**Thought control is a skill.  
Replace negative thoughts with a positive thought.**

**Visualize the thought, reframe if necessary.**

**\*McGuire**

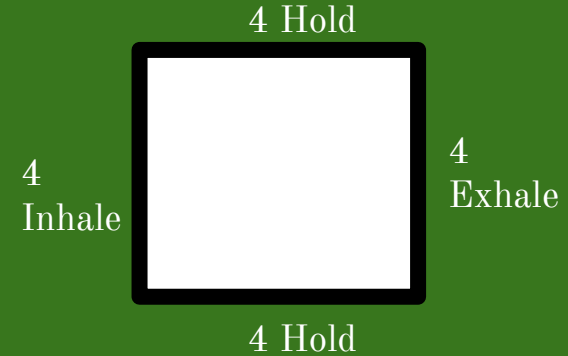
# Finding the Performance Sweet Spot



2022 MOSHAPE Presentation Just Breathe  
Dr. Matt Symonds, FMS-1, FBS  
Northwest Missouri State University  
2022 MOSHAPE Convention

# Over Aroused-

## Box Breathing - Navy Seals



**4-7-8 (inhale 4/hold 7/exhale 8)\* Dr. Matt Symonds**

# Arousal is controlled by U!

# FOCUS ON WHAT YOU CAN CONTROL!

## CONTROLLABLE

### Practice

Effort, Attitude, Work Ethic, Will & Desire

*(CAN'T MEASURE)*

## NOT CONTROLLABLE

### Practice

Your talent, Your opponent's practice.

### Meets

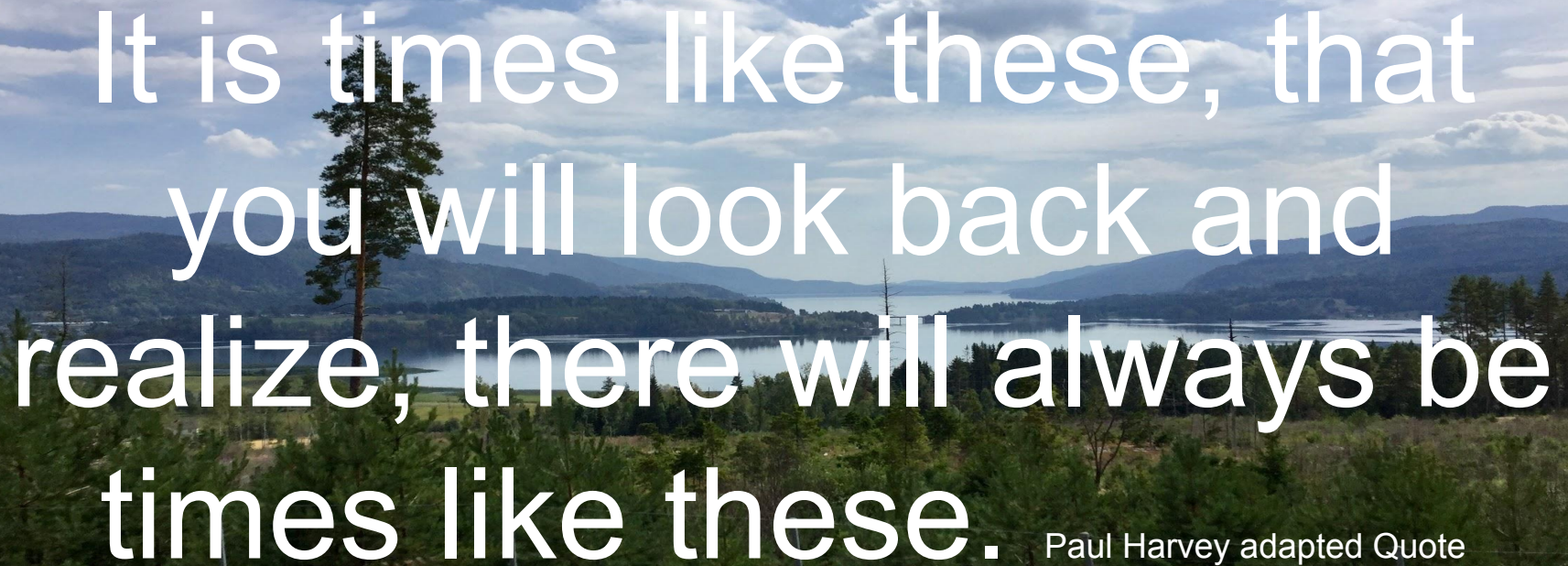
Effort, Attitude, Strategy, Will & Desire

*(CAN'T MEASURE)*

### Meets

Your talent, Your competition

**Goal: Internal Locus of Control**

A scenic landscape featuring a large body of water (likely a lake or bay) in the middle ground, surrounded by rolling hills and mountains. The sky is filled with scattered white clouds. In the foreground, there are green trees and tall, golden-brown grasses. The text is overlaid in a large, white, sans-serif font.

It is times like these, that  
you will look back and  
realize, there will always be  
times like these.

Paul Harvey adapted Quote

# Bruce Tuckman's 1965 Team-Development Model

The progression is:

**Forming**

**Storming**

**Norming**

**Performing**

# The 17 Indisputable Laws of Teamwork: Embrace Them and Empower Your Team

by John Maxwell

- 1- Law of Significance
- 2- Law of the Big Picture
- 3- Law of the Niche
- 4- Law of Mount Everest
- 5- Law of the Chain
- 6- Law of Catalyst
- 7- Law of the Compass
- 8- Law of the Bad Apple
- 9- Law of Countability
- 10- The Law of the Price Tag
- 11- Law of the Scoreboard
- 12- Law of the Bench.
- 13- Law of Identity
- 14- Law of Communication
- 15- Law of the Edge
- 16- The Law of High Morale
- 17- Law of Dividends



# The Five Dysfunctions of a Team: A Leadership Fable, by Patrick Lencioni

**DYSFUNCTION #5**

**INATTENTION TO RESULTS**

**DYSFUNCTION #4**

**AVOIDANCE OF ACCOUNTABILITY**

**DYSFUNCTION #3**

**LACK OF COMMITMENT**

**DYSFUNCTION #2**

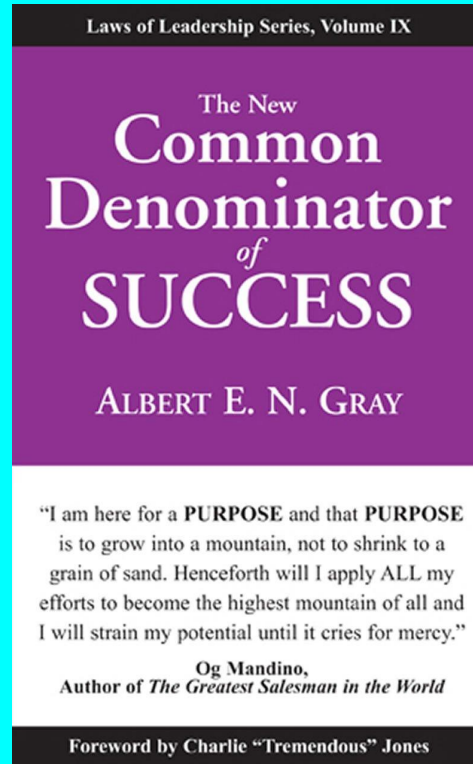
**FEAR OF CONFLICT**

**DYSFUNCTION #1**

**ABSENCE OF TRUST**

# The New Common Denominator of Success: Laws of Leadership, Volume IX

by Albert E.N. Gray





# Athlete Control

Student Signup

Captains Meeting

3:30-5:00 pm Practice

Stay later if you want to get better

Seniors/Captains - Lead warmup

Seniors/Captains lead workout/technique.

Senior Talks- at end of season.

# The Will & Desire to be GREAT!

\*McGuire

<b>11.08</b>	<b>7.25m (23-9)</b>	<b>14.22m (46-08)</b>	<b>1.76m (5-9.25)</b>	<b>50.90</b>
<b>14.71</b>	<b>46.82m (153-07)</b>	<b>4.60m (15-1)</b>	<b>60.32m (197-11)</b>	<b>4:50.92</b>

**7661 pts**



# Will & Desire to be GREAT!

\*McGuire

11.23 6.99m (23-9) 13.53m (46-08) 1.85m (6-0.25)  
15.09 43.01m (153-07) 4.50m (15-1) 60.00m (197-11)

50.95

4:41.70

7495pts



# The Will & Desire to be GREAT!

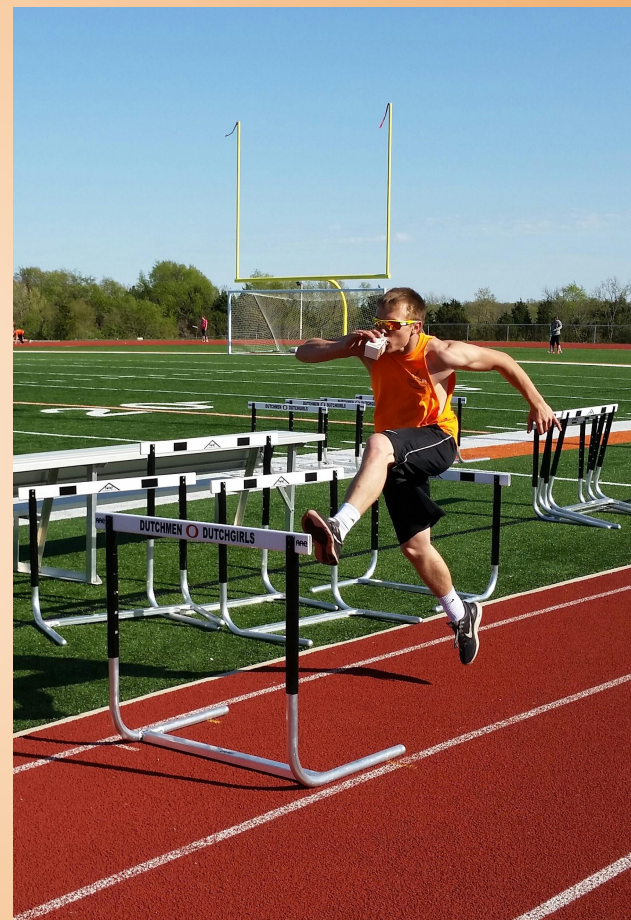
\*McGuire

## 2015- State Meet- 9 Races

**Day 1-** Prelims 110m-100m-**PR**, 110m-**PR**  
300m-qualified  
200m-**PR** qualified

**Day 2-** 110m, 110m-**All State**  
300m-**STATE CHAMP**  
**38.273 vs 38.275**  
200m -**All State**

110mH-**All State** (4 races)  
300mH-**State Champ** (2 races)  
100m Prelims (1 race)  
200m **All State** (2 races)



# PYBRIF

Put Your Big Rocks In First!



# Autobiography in FOUR Short Chapters

## by Portia Nelson

### Chap. 1

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost...I am helpless.  
It isn't my fault. It takes forever to find a way out.

### Chap. 2

I walk down the same street. I pretend I don't see it I fall in again. I can't believe I am in the same place.

But, it isn't my fault. It still takes a long time to get out.

### Chap. 3

There is a deep hole in the sidewalk I see it there. I still fall in. It's a habit. My eyes are open.  
I know where I am.

It is my fault. I get out immediately.

### Chap. 4

I walk down the same street. There is a deep hole in the sidewalk.  
I walk around it. I walk down another street.



# PERFORMANCE:

## Law of the Ladder:

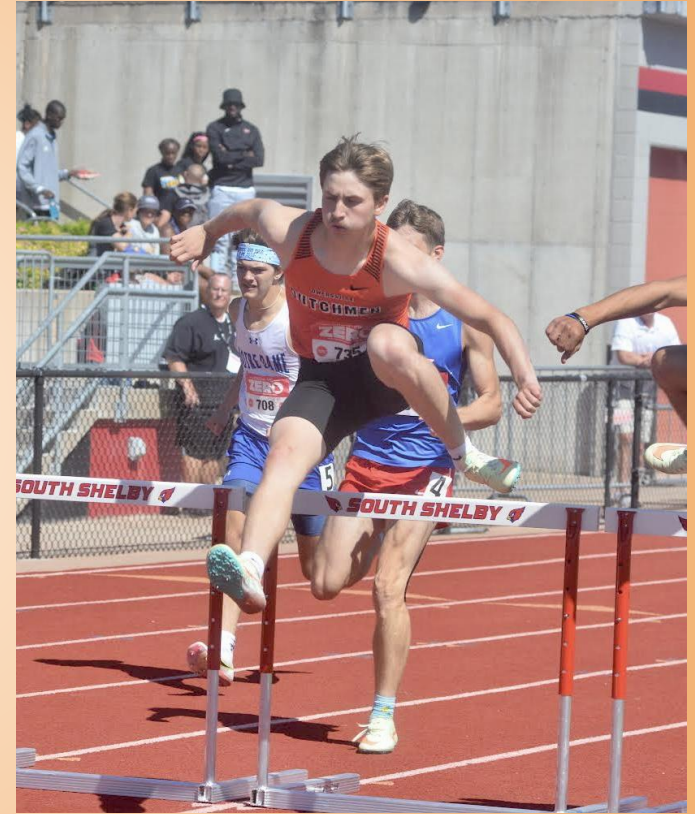
One rung at a time

## Law of Thirds:

1/3 Awesome

1/3 Normal

1/3 Stink



\*McGuire

# CONCENTRATION- COOKS MODEL- MEETS

**David Cook, <https://www.davidcookspeaker.com/>**



**See it! Feel it! Trust It!**



## **How Coaches can limit GREATNESS**

**Too much control over every piece of their training.**

**Focusing too much on X's & O's, Tech. or Sport.**

**Expecting 100% commitment to the sport.**

**Have to do every workout to peak!**

**Telling an athlete they will jump/run/throw so far.**

**Always catching them doing wrong technically!**

**Giving too much information.**

**Making the experience a Grind!**