

The Coaching Journey

Lessons Learned, Reflections & Recollections

Vern Gambetta
Founder, GAIN Network



**“Emancipate yourselves from mental slavery;
None but ourselves can free our minds.”**

Redemption Song - Bob Marley

52 years into this journey I am
convinced we can do better!

We can do better - By
figuring out how to get more
out of what we do each day

Not by doing more,
but doing more better

“Much education today is monumentally ineffective. All too often we are giving young people cut flowers when we should be teaching them how to grow plants.” John W. Gardner

I Specialize in Being a Generalist

Foundation in Physical Education

Track & Field - Decathlon

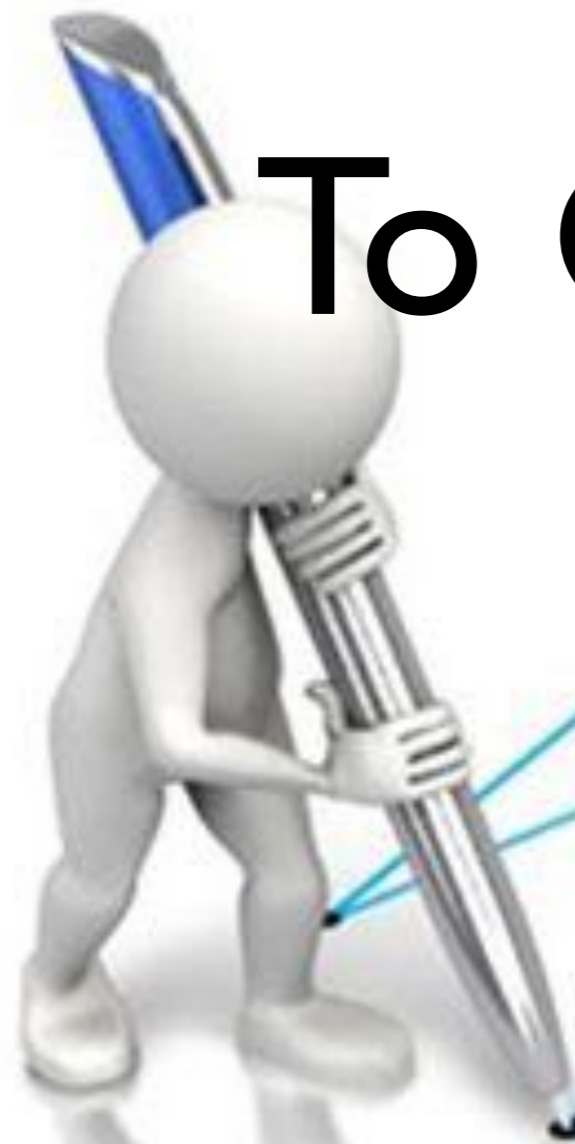
Philosophical Underpinning - Complete Athlete

Why Be a Generalist



“We are drowning in information, while starving for wisdom. The world henceforth will be run by synthesizers, people able to put together the right information at the right time, think critically about it, and make important choices wisely.” E.O. Wilson





To Connect the Dots

Specialize in being a
GENERALIST!

Expect

Excellence

Demand

Excellence

Don't Forget

"We are what we repeatedly do.
Excellence, then, is not an act, but a
habit." Aristotle



“You do not merely want to be the best of the best. You want to be considered the only ones who do what you do.” **Jerry Garcia**

The Coaching Process

The process of coaching has a foundation in pedagogy, supported by science, forged in experience, proven & tested in the competitive arena.



“A different future is possible
when we refuse to be
prisoners of the past”

Barack Obama

Do Your Job

“Good enough - isn’t”



Jungle Tigers

Or

Zoo Tigers

Adapted



Fat

Happy

Very Comfortable

Adaptable



Lean

Hungry

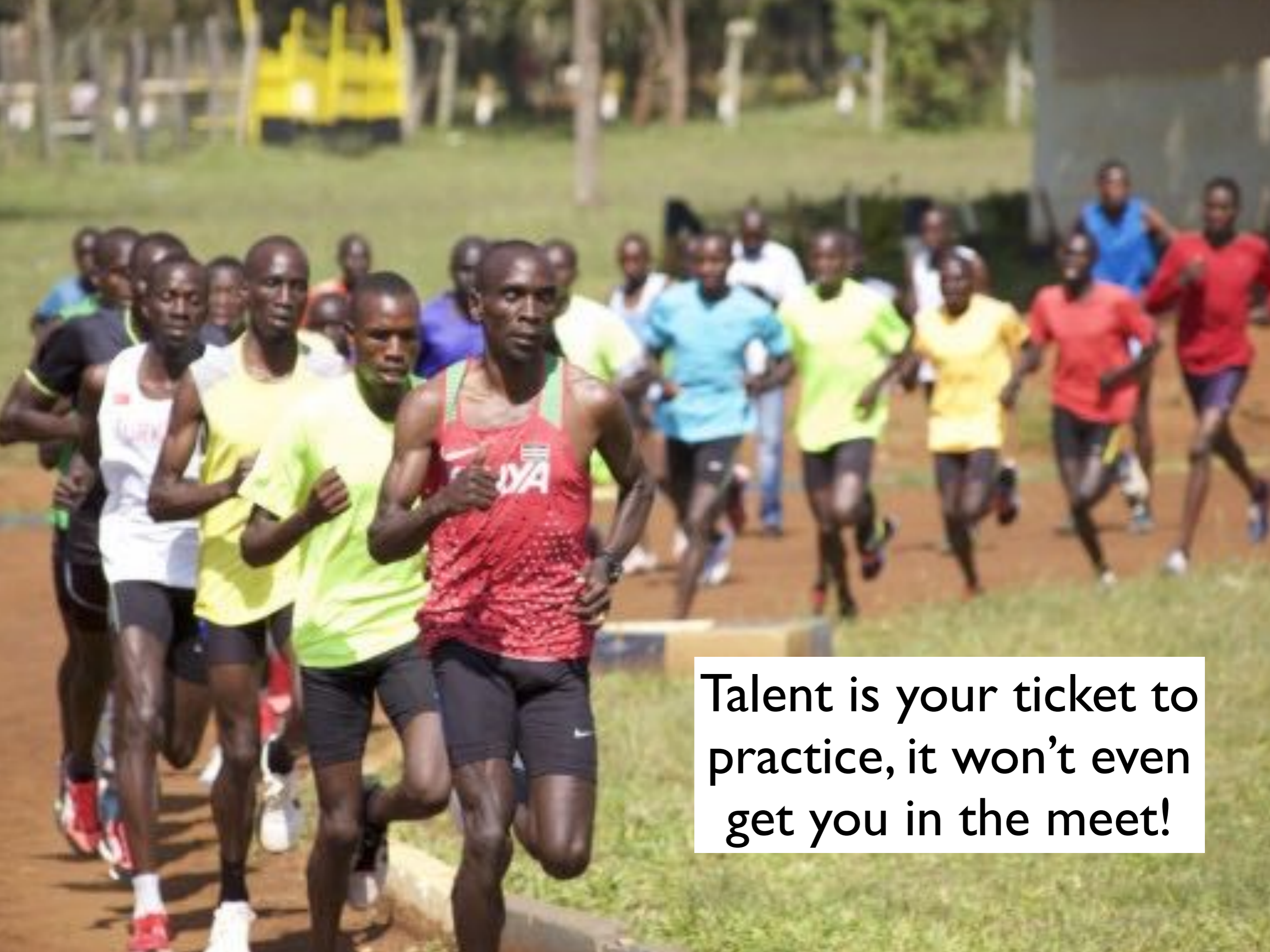
Uncomfortable



Your path is your path. Don't compare it to others. Everyone's journey, timeline, gifts, constraints, obstacles, & triumphs are different. Don't look left or right. Just keep looking within, look up & look forward.



Are You & Your Athletes Making the
Champions Choice



Talent is your ticket to practice, it won't even get you in the meet!

Mastery

“...mastery is not about reaching perfection, but rather comes from maintaining a particular mindset as you move along the path of improvement in building your skills or overcoming challenges in any endeavor.”

George Leonard

Achievement Triangle

Peak Performers are comfortable with being uncomfortable, they are constantly pushing the envelope

Peak Performance Zone

Willing to risk and get uncomfortable. In fact they are uncomfortable more than they are comfortable

High Performance Zone

There are less people here. More commitment, occasional risk. Occasionally uncomfortable

Performance Zone

The Comfort Zone is where most people operate, they are satisfied and always comfortable. They take no risks

Comfort Zone



Be Smart

Work on something specific each day. Have a plan! Train with a purpose. Improvement is incremental. Small steps lead to big steps.



Pressure

Pressure is what you make it! Use the pressure to make you better, internalize it and use it as a positive influence.



“Pressure is Power”

Maddie Rooney, GK US Women’s Olympic Ice Hockey Team



Belief

Think you are the best and you are on your way. Confidence, believe in yourself, your preparation and your support system.



Routine

Great athletes doing the same thing, the same way, at the same time each day. Regularity. You can set a clock by the great ones.





Work

Everyone works. The great ones work smarter. Objectively analyze your strengths and weaknesses. Minimize your weaknesses and optimize your strengths. Bring your weaknesses up to the level of your strengths.

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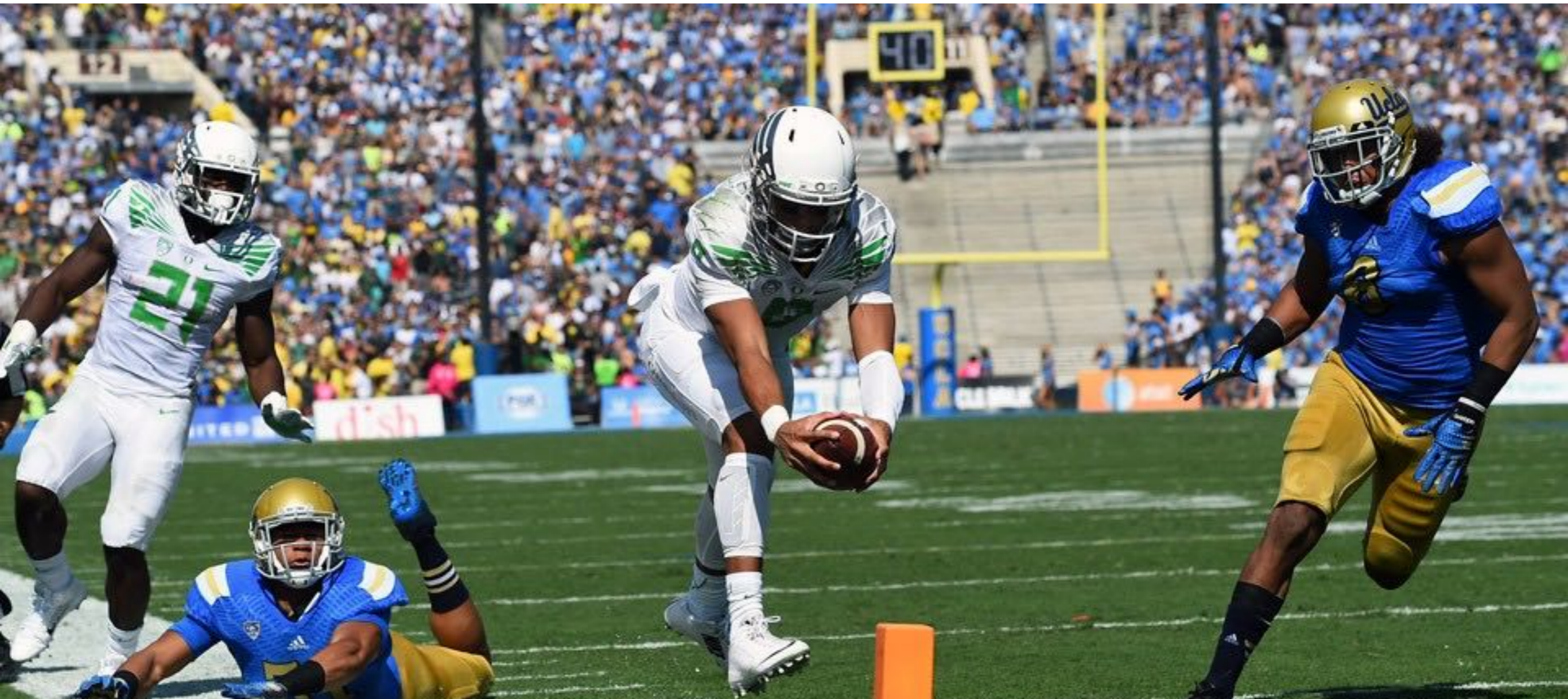
Teamwork



You can't do it alone

Discipline

Sticking with it through good and bad.
Highest form of discipline is self discipline.



Culture

Culture drives expectations & beliefs

Expectations & beliefs drive behavior

Behavior drives habits

It all starts with culture

Erro Culture Principles

We Not Me

Erro Culture Principles

No Interest Groups

Erro Culture Principles

No Messengers

Erro Culture Principles

No Excuses

“Plant a tree before you need the shade”

Seth Godin



Simple Rules to Change Your World

Stay Basic

Stay Hungry

Stay Focused

Stay Excited

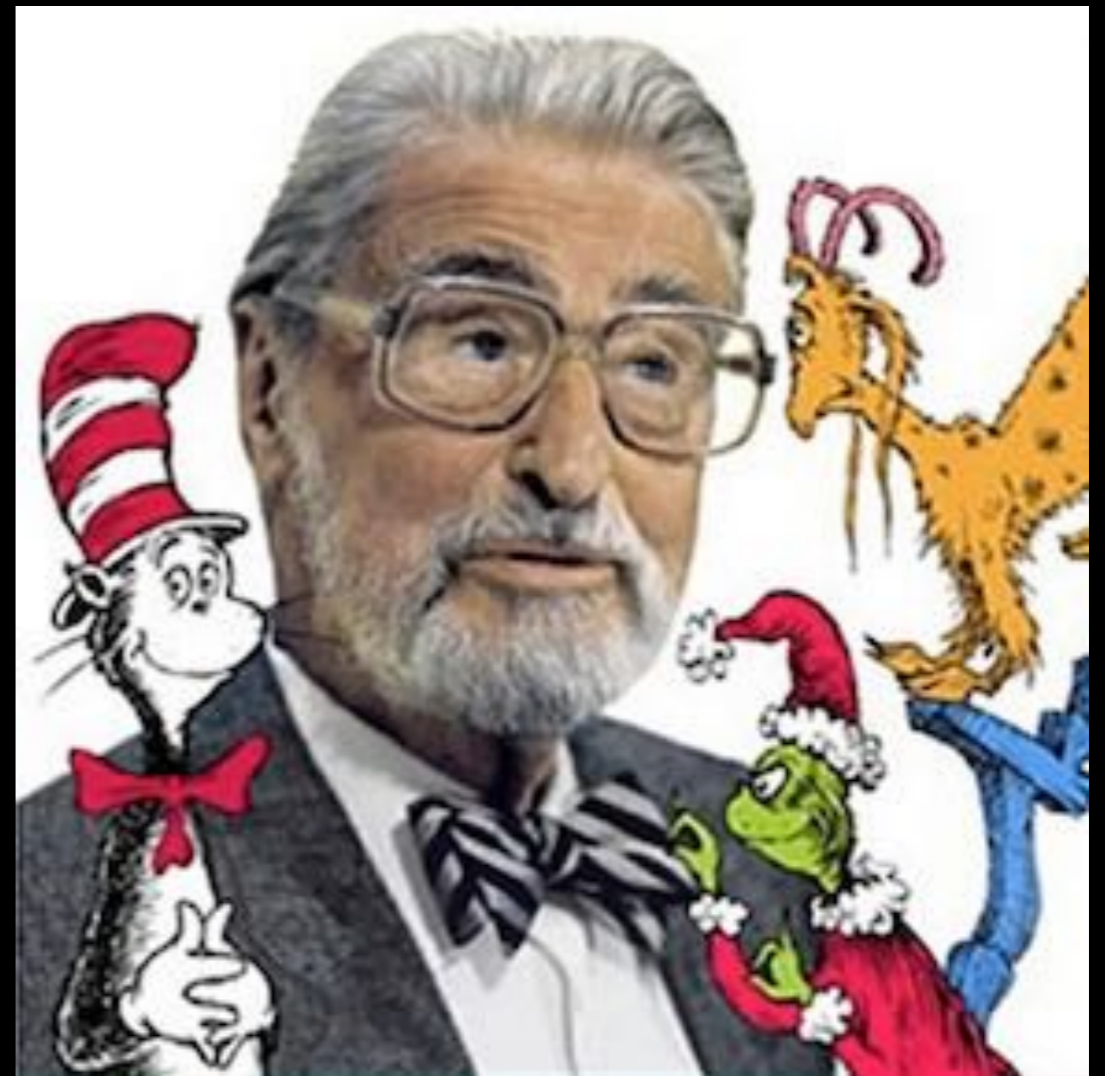
Stay Uncomfortable

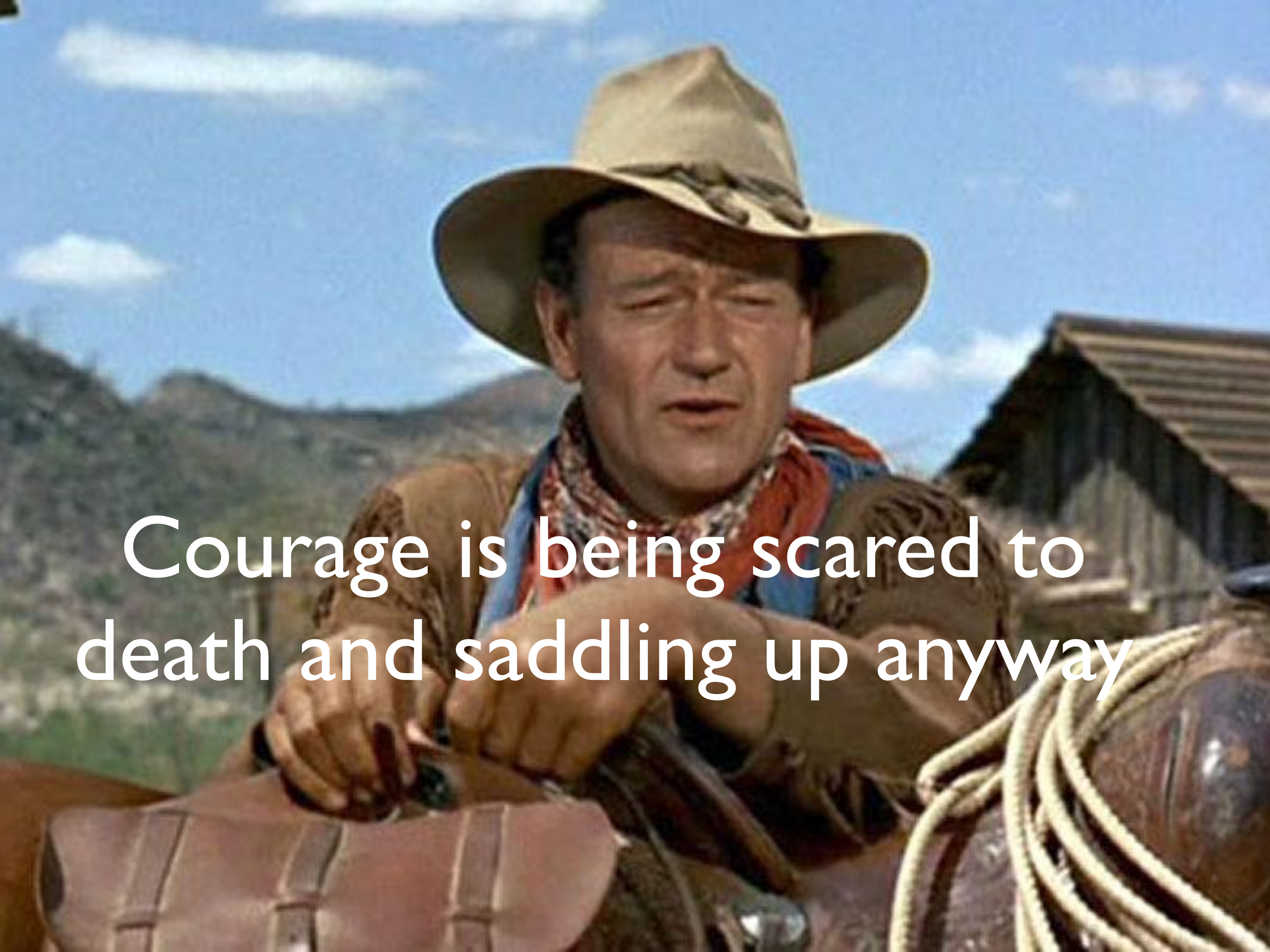
Stay You

Stay Passionate

Stay a Child

"I like nonsense; it wakes up the brain cells. Fantasy is a necessary ingredient in living; it's a way of looking at life through the wrong end of a telescope."



A man wearing a light-colored cowboy hat and a patterned scarf is shown in a close-up, looking down with a pained or distressed expression. He is wearing brown leather gloves and is in the process of saddling a horse. The background shows a rustic wooden building and a landscape with hills under a blue sky with scattered clouds.

Courage is being scared to death and saddling up anyway

"We are what we repeatedly do.
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a habit." Aristotle

Smiles will get you miles



Own the Finish



“If you want to be successful, it’s just this simple: know what you are doing, love what you are doing, believe in what you are doing.”

Will Rogers



The image features the 'Saturday Night Live' logo. The words 'SATURDAY' and 'NIGHT' are in white, bold, sans-serif capital letters. 'SATURDAY' is on the top left, and 'NIGHT' is on the top right. The word 'LIVE' is in a bright blue, bold, sans-serif font, positioned centrally below the other two words. The background is a dark, grayscale image of the Chrysler Building's Art Deco spire, with its characteristic terraced arches and radiating patterns.

SATURDAY NIGHT LIVE

“The show doesn’t go on because it’s ready; it goes on because it’s 11:30.”

Lorne Michaels



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<https://thegainnetwork.com/>



<https://thegainnetwork.com/>

Email: gstscoach@gmail.com

Blog:
functionalpathtraining.typepad.com

Twitter: [@coachgambetta](https://twitter.com/coachgambetta)