

Tug of War

Theme: The importance of TEAM

When: To be done during the first week after the basketball guys are with us.

Purpose: The session will illustrate the importance of having a team philosophy. The athletes will see the value of having everyone in the group “pulling their weight” for the good of the cause.

Plan: Separate the team into two groups. Seniors & Freshmen vs. Juniors & Sophomores. Have each team pick six guys to be their tug of war team. The six guys must come from each of the six event groups (throwers, jumpers, pv/hj, hurdlers, sprinters, and distance. The tug of war representatives will be competing for prizes for their whole team.

When the competition is done, hand out the prizes and talk the group through some of the lessons.

*Give out packaged prizes so that the winners have to share their winnings with their teammates.

Lesson ideas:

1. **In life there are winners and losers.** Some of you are enjoying the prize and some of you are dealing with failure. By the way, it's more fun to win.
 - a. It's not whether you win or lose, it is how you handle it that counts.
 - b. How should winners handle winning? How should losers handle losing? Give examples of how winners handle winning poorly... Give examples of how losers handle losing poorly...

Did the winners share their prize with their teammates? Were they in it for their own glory, or for their team's glory? --When you compete with the F on your chest, you compete for all of us.

2. **We sink or swim together.** Every member of the team is important.
 - a. There are 17 events in track and field. Winning a track meet requires a cooperative effort from a variety of different types of athletes just like the tug of war. The points count the same from all of the events so no event is more important than another. Some teams will just focus on “glory” events or their coach’s favorite event etc. We don’t discriminate against any point scored. We like ‘em all!
 - b. Discuss some different scenarios to show the importance of having a complete team that is all pulling their weight. 1.) Make one side us, and the other side a team that has all the event areas represented, but doesn’t really care about the sport. 2.) Make one side us, and the other side a team that just has an individual focus...they don’t care about the team score, they are just in it for personal glory. 3.) Make one side us, and the other side a team that doesn’t even have all the events represented.
 - c. Discuss possible scenarios that could hinder us from achieving our goals. 1.) Individualism. What happens if one of the tug of war members doesn’t pull hard because he doesn’t see what’s in it for him? 2.) What if one of the members pulls sideways because he wants to stick out? 3.) What if one of the members pulls against his own team because he would like to see some of his teammates fail??? 4.) What if one guy gets suspended for drinking?.....

What is SOFT?

SOFT is more than an acronym. It is a way of doing things. It is how **we** do things. It is a term that we have used over the years to help us remember the importance of a team-first philosophy. It is one of the reasons that we have been so successful in recent seasons. Selling out for the team means doing everything you can to “pull your weight” **for the team**. It means eliminating behaviors that are not in the team’s best interest. Selfishness, half-heartedness, jealousy, and negativity are traits that you will not find on a truly SOFT team. True “SOFTness” doesn’t mean paying lip-service, or going through the motions. True “SOFTness” means jumping in with both feet and *selling yourself out for the good of the cause*.

“A person does not become whole until he or she becomes a part of something bigger than himself or herself.”

Jimmy Valvano

What is Synergy?

“The whole is greater than the sum of the parts.”

Synergy takes place when a group is working so cooperatively that the results they produce as a group are more than the sum total of the results produced by the individuals working separately. Synergy is real. It is extremely powerful. When it is achieved, it brings out the best in people. In order to achieve Synergy, team members must be so committed to the team goals that they are willing to not only put aside differences, but actually celebrate them. One thing is for sure, teams who are not SOFT never achieve synergy (and probably don’t believe it exists).

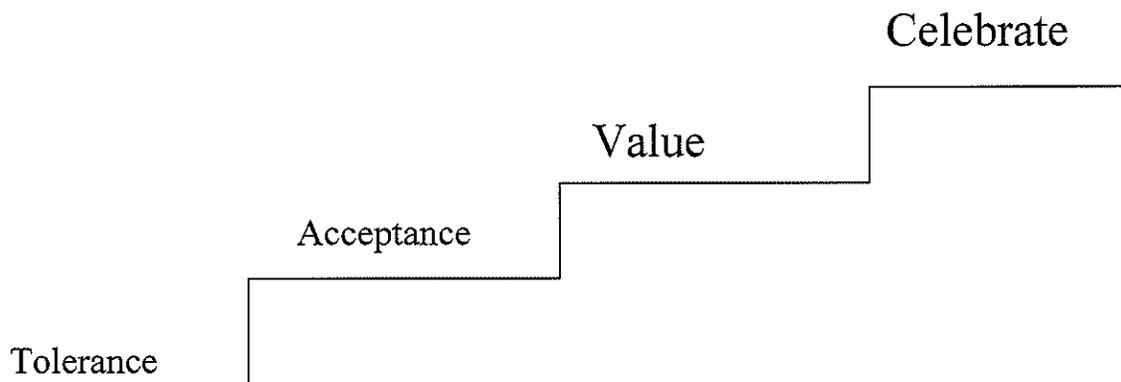
“The essence of synergy is to value differences-to respect them, to build on strengths, to compensate for weaknesses.”

Stephen R. Covey

Blocks that build a wall against Synergy

| | | | |
|--|--------------------------|------------------------------|--------------------------------------|
| Defensiveness | Stubborn Attitude | Selfishness | Laziness |
| Dishonesty | Immature | Jealousy | Negativity |
| Not paying attention to details | Noncompliance | Not seeking knowledge | Lack of focus and committment |

“Steps” toward Synergy



Teams that achieve Synergy learn to CELEBRATE differences in talents, perspectives, and personalities.

What kind of TEAM are WE?

- A.) Talented + Good Attitude
- B.) Talented + Bad Attitude
- C.) Not Talented + Good Attitude
- D.) Not Talented + Bad Attitude

Team A is most desirable for obvious reasons. Team B is least desirable because they bring nothing but disappointment, heartache, and frustration. Team C is second on the list because they can be admired and respected. Team D ranks ahead of Team B because you can't be disappointed when you don't expect anything from the start.

Attitude is one ingredient that you CAN control. What kind of TEAM are WE?

Goals

Goals. Everybody says you're supposed to have them, but do you really need them? Why go to the trouble of making goals? Is there a real benefit? If you don't achieve them, are you a failure?

“Goals are dreams with deadlines.”

Accomplishments don't happen by accident. They are by design. A goal is a target to hit. A target to hit leads to a plan. A plan leads to motivation and accountability. How can you be motivated to work if you don't have a dream in sight? Goals and motivation go hand-in-hand. You can't have one without the other.

“All achievements, no matter how great or small, are ignited as goals and fueled through motivation.” Hal Urban

I think that the reason most people don't take time to set real goals is that they don't have enough guts. The point that they are missing is that the true reward is in the process of working toward a noble goal. In my book, the person who is the failure is the person who avoids failure by never trying to accomplish anything. One thing is for sure. The person who sets a goal and falls short of it accomplishes more than the person who never takes that risk.

Read the Theodore Roosevelt quote in your track book. It sets you free to make a goal and then to work towards it without fear of failure.

“Imagination gives you a destination. When you dream, and you feel what it is like to be inside that dream, you feel inspired to make that dream a reality. You begin a process, a journey, toward making real those feelings that you first found in your imagination.” Mike Krzyzewski

Fremont Track & Field Success Equation

$$S=AT^2$$

Success = Attitude x Training x Talent

Attitude: Comes from within you. It includes toughness, focus, perseverance, determination, sacrifice, faith, confidence, and enthusiasm.

Training: Prescribed by your coaches and carried out by you. It includes conditioning, technique development, strength development, rest, nutrition, and avoidance of counter-productive behaviors.

Talent: The ability level with which you have been blessed.

Calculating your "Success Potential":

On a scale of 1 to 10, rate your self in each of the three categories then multiply the three scores together. If you play with the numbers, you realize that the three components are equal in importance! You maximize your potential by maximizing the things you can control-- Attitude and Training!! A team of guys who score 10,10,5 will beat guys who score 5,5,10 every time!

$$S=AT^2$$

_____ = _____ x _____ x _____

Omaha North Week

(Prom Week)

Things that we have learned so far:

Goals – *Dreams with a Deadline*

Goals lead to a plan. Goals + a Plan leads to motivation.

$S=AT^2$ - *The importance of Attitude and Training.*

SOFT & Synergy go hand-in-hand... and by helping us stick together, they help us reach our goals.

The importance of the “Mental Game”, positive attitude, determination....

What’s important for this week?

Sacrifice

“You have to give up something to get something.”

“Discipline means choices. Every time you say yes to a goal, you say no to other things.”

Having real goals means making choices that will help you attain those goals. We have been practicing for two months now. Take a look back at your goals and our team’s goals. Have you followed a disciplined plan to attain them? Have you had the right attitude along the way? Have you been a SOFT team member? Have you helped teammates to progress?

Now think about how you want the season to end.... When thinking about what you are going to do this weekend, ask yourself the following questions:

Which choice will have the longer-lasting positive results?

Which choice will develop character?

Which choice will be more meaningful in the long run?

Right Choices lead to **Good Habits**, which lead to **Accomplishment**, which gives **Fullfillment**.