

# Malone University

## Cross Country/Track & Field

Adapted from Gary Wilson, U of MN



Too Little	<b>Balanced Life!</b>	Too Much
Selfishness	Spiritual Health	Over Spiritualize
Under Nourished	Athletic Nutrition	Poor Diet/Over nourished
Never plan "unfocused/ unplanned"	Visualization Goal Setting	Think too much "over planned"
Poor Attitude "Negative/Hopeless"	Healthy Attitude	Not Realistic "Self-inflation"
Under-training	Proper Training (volume/intensity)	Overtraining
Do your own thing "Uncoachable"	Allow yourself to be coached	Wait for the coach to do it for you "No ambition or initiative"
Questioning everything you and your Coach have done	Going to the line ready	Over Psyched
Too little sleep	Proper sleep at the right time	Too much sleep
Never in the training room "Neglect"	Taking care of injuries	Always in the training room "High maintenance"
Never Studying	Balanced Study Time	Studying too much
Under Social	Balanced Social Life	Over Social
Lazy	Balance in Your life	Over anxious
Always late	On time	Too early
Too little talk	Communicate up front	Talk too much

### ZONE OF BALANCE

Is the way you talk to yourself the way you would want your coach to talk to you?

Every program needs people who are an asset, not a liability.

If things don't change, then things don't change.

☺ ----- Team Energy ----- ☹