

**Peggy Holecek -- Glenbrook North Head Girls Tennis Coach  
Nebraska Tennis Clinic Wednesday, July 24th**

**Session 3 2:35PM to 3:25PM B105**

**Working With Parents and Setting Expectations for Captains and Team Members**

Pair and Share:

Introduce yourselves

What is the most rewarding part of coaching?

What is the most frustrating part of coaching?

How do you set expectations for your parents, captains and team members?

What are the three most important goals of your program?

**We are teaching life lessons through tennis.**

GBN Tennis:

1. Commitment
2. Sportsmanship
3. Improvement
4. Mindfulness
5. Teamwork

**What does it mean to win?**

1. Proper preparation. Practice hard everyday, accept instruction, balance school and extracurriculars. Eat a balanced diet, get enough sleep and visualize your match.
2. Stay focused during your match.
3. Enjoy the competition!
4. Treating your opponent and the sport respectfully.

**Winning/the score is not the only indicator of a victory on the tennis court.**

Communication is key!

At GBN, we start with the concept of the GBN Tennis Team at Incoming Freshman Night.

Preseason Meeting for returning players.

Email note to Incoming Freshmen.

How you communicate during the tryout period sets the tone for the season.  
Compassion, integrity and honesty.

Goal Setting and Mid-Season Evaluation



# Spartan Tennis

## Varsity, Junior Varsity and Freshman Teams

Freshman Tryouts begin at 1pm  
Wednesday August 14<sup>th</sup>

**Girls Tennis Camp**  
June 10<sup>th</sup> – June 21<sup>st</sup>  
10AM to Noon Monday-Friday  
GBN Tennis Courts

Register on the GBN website  
<http://camps.glenbrook225.org>  
after March 1st

### Glenbrook North Girls Tennis Staff

Head Coach: Peggy Holecek  
mholecek@glenbrook225.org  
847.509.2571  
Freshman: Larry Faulkner

Junior Varsity: Emily Shamrock  
eshamrock@glenbrook225.org



## GBN GIRLS TENNIS 2019

Tryouts begin on Wednesday, August 14<sup>th</sup> from 9am to noon. Tryouts will run for several days as we need to see you play in drills, doubles and singles. You need to be here every day that tryouts are scheduled. Come dressed and ready to play! All paperwork and eligibility forms **MUST** be turned in to the GBN Athletic department prior to your tryout date. If you need a physical; have it scheduled prior to August 14<sup>th</sup>. **This year, due to our schedule, we are using Saturday, August 17<sup>th</sup> as a tryout date.** Please do not make plans for that day as we may need it for tryouts.

School begins on Wednesday, August 21<sup>st</sup>. Our first match is scheduled for Wednesday, August 21<sup>st</sup> as well. If you make the Varsity or the Junior Varsity team you **WILL** have regularly scheduled practices once we finish with tryouts. Please make sure your parents are aware of these dates and **DO NOT** schedule your family vacation after August 14<sup>th</sup>.

Finally, this team means a lot to each and every one of you. The coaches are aware of that and we want to be able to give you a fair and equal tryout. If you really want to make this team, you need to prepare yourself to compete. **PLAY A LOT!** You need to play competitive matches as well as drill and hit with your pro. The only way you will get better is to compete as well as drill.

If you are interested in attending our two week GBN tennis camp, you can register on line:

<https://www.glenbrook225.org/getattachment/Parents/Summer-Athletic-Camps/AthleticBro-gbn-gbs-2-22-19-WEB-Final.pdf?lang=en-US>

Camp starts June 12<sup>th</sup> and runs through the 25<sup>th</sup> from 10 am to Noon on our courts.

Hello-

I am sending you information about the [GBN Girls Tennis Team](#) as you indicated your interest at the Incoming Freshman Night that was held at Glenbrook North in February.

[Tryouts for the Freshman team](#) will begin on [Wednesday, August 14th](#) from 1PM to 3PM on the tennis courts here at GBN. Please come dressed and ready to play. The tryouts will run for three days, weather permitting. You **MUST** be here for all three days of tryouts. This is a GBN policy and if you are away at camp or on vacation, you will need to adjust your schedule if you are interested in trying out for the team.

[Be sure to complete all the necessary paperwork](#) prior to [August 14th](#) so that you are cleared to participate by the Athletic Department. Here is the link to the GBN Athletics website: <https://gbn.glenbrook225.org/Athletics>

[If you make the team, you will have daily practice](#) beginning on Monday, August 19th. Practice will be regularly scheduled for two hours a day with Coach Faulkner, our Freshman coach. You will be expected to practice five days a week once you make the team. Here is a link to the tennis schedule as it stands currently. Please note that we generally add a few meets to the Freshman schedule. Be sure you are on the 2019-20 drop down menu and then select, "all levels." Scroll down to the bottom for the Freshman level schedule:

<https://il.8to18.com/GlenbrookNorth/schedule/tennis/g/all/2019-2020>

[The tennis coaches and I are running a Girls Tennis Camp](#) for two weeks this summer beginning on June 12th and ending on June 25th from 10AM to noon. The camp is a great way to jump start your summer tennis play, become familiar with the GBN tennis program and meet other girls who plan to tryout in August. Here is a link to register for the GBN Summer camp:

<https://www.glenbrook225.org/getattachment/Parents/Summer-Athletic-Camps/AthleticBro-gbn-gbs-2-22-19-WEB-Final.pdf?lang=en-US>

[Most importantly, welcome to GBN!](#) I hope your four year journey here is one that is memorable and fun. If you have any questions about tennis, please feel free to email me or call me here at school at 847.509.2571. The coaches and I are looking forward to meeting you soon!

Thanks,

Peggy Holecek

GBN Girls Varsity Tennis Coach

# Varsity Tennis information 2018

**Coach Peggy Holecek Patt**  
**mholecek@glenbrook225.org**  
**Work phone: 847-509-2571**  
**Free blocks: 4/5B, 8/9A, 8/9B**

## **Athletics is...**

a vehicle of human enrichment to grow physically, emotionally and mentally.  
Both life and tennis are an exercise and test of a person's character.

## **A winning philosophy is...**

whenever I play I win, because I learn something about myself outside of tennis  
and about my game.

## **What are the goals of the tennis team?**

- Sportsmanship
- Team Spirit
- Mindfulness and Focus while Competing
- Individual and team improvement/success
- Fun

## **What are the player's responsibilities?**

1. Have a positive **attitude**. Everyone has the will to win but few have the will to practice hard every day in order to win.
2. Make a **commitment** to the team. We all must make some personal sacrifices in order for the team to be successful.
3. Be a **team** player. The success of the team is of primary importance and should be a goal for every athlete. Being able to play a number of different positions enhances the opportunities for team success.
4. Follow the team rules and regulations.
5. Make an effort to communicate with your teammates and with me. If you are unhappy about something I would like you to come and see me during your free time so we can talk about the issue.

## **Team rules and regulations:**

1. In the event of absence or illness from school, causing a player to miss a practice or a meet, the coach must be notified by 9:30 A.M. Please leave a note

in our GroupMe so I can adjust practice plans or meet line-ups. Players who miss a practice the day before a meet will not be allowed to compete in an upcoming meet.

2. Vacations do not constitute an excused absence unless the trip is with your family and they require that you attend. You need to communicate with me about upcoming family events as soon as possible as your absence impacts the whole team.
3. Conditioning exercises and drills must be performed to the best of one's ability throughout the entire season. Players are expected to study all handouts regarding mental training, game strategy, or other tennis related information.
4. Plan on practicing everyday, rain or shine, Monday through Friday.
5. All players are expected to ride the bus to the meets and return with the team on the bus. Your parents may take you home from a meet with prior approval (at least 24 hours in advance) of Mr. Catalano.
6. The IHSA does **not** allow students to take group lessons during the tennis season.
7. It is the policy of this team to suspend any student who is caught in possession of or in the act of using alcohol, drugs or tobacco. The student-athlete is expected to adhere to the Code of Conduct found in the student handbook.
8. All team members are expected to attend every meet whether they are scheduled to play or not, unless excused by the coach. All tennis matches are important to the **team**, do not leave a meet early. Supporting your teammates is vital to achieving team success.
9. All players are expected to maintain good grades. Players may come up to 30 min. late to a practice if the reason is regarding a class. Inform the coach at least one day in advance if you need to see a teacher for help.
10. Players are expected to be on time for practice, matches, and meetings.

11. Players are issued a uniform that belongs to the GBN athletic department. You must wear the team uniform in order to compete and it must be returned at the end of the season in good condition.
12. Win or lose a player must shake the opponents hand and report the score to your coach or site manager immediately following the match. There is no excuse for poor sportsmanship.
13. Please be aware of the fact that everything you put on social media has a permanent, lasting footprint. Please choose your words carefully and be sure they are not offensive, inappropriate or defamatory. You will be held responsible for everything you post and the school has the right to discipline you for posts that are inappropriate.
14. Failure to comply with the above rules and regulations may result in being suspended and/or being dropped from the team.

## **Glenbrook North Tennis Team Player Contract**

### **Challenge and Commitment**

1. I will make a positive commitment to the TEAM as a whole, as well as individually to all other TEAM members to help create an inclusive environment.
2. I will commit to giving focused attention and effort in both practice and matches.
3. I will make a concentrated effort to maintain my overall health by following training rules, eating a healthy, well-balanced diet, getting enough sleep and using stress management techniques to help balance all my commitments.
4. I will conduct myself off and on the court with Spartan Pride and integrity.
5. I will think of TEAM first and ME second, remaining open to playing any spot in the line-up that helps our TEAM overall, regardless of my personal preference.
6. I will accept every challenge and turn it into an opportunity for personal growth.
7. I will help this TEAM become a confident, competitive group of athletes who are calm under pressure.
8. I will bring my POSITIVE ATTITUDE and KINDNESS toward others to practice and matches every day in order to develop good TEAM chemistry.
9. I will remember the importance of good communication and bring issues to my coaches and team members in a timely fashion.
10. I will give my best effort to this TEAM.
11. Please create one goal for yourself that will help make us a better TEAM:

As your coach, I am also willing to commit to this team. The following statements are commitments I am making to you and to the Glenbrook North Tennis Program.



12. As your coach, I will plan practices that will help you focus on all aspects of your game and help prepare you for matches.
13. As your coach, I will have rules that are designed to serve the team as a whole, but I will recognize that you are individuals and be willing to be flexible if necessary, appropriate and fair.
14. As your coach, I will make time to talk to each one of you about your personal concerns about the team.
15. As your coach, I will thoughtfully create TEAM line-ups that are based on each athlete's individual ability and the team's overall success.
16. As your coach, I will encourage each one of you during the season and help you accomplish your goals as a member of this TEAM.

Player's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **GLENBROOK NORTH TENNIS TEAM CAPTAIN**

### **Setting an Example**

1. Dress appropriately at practice and matches and weekend tournaments.
2. Speak and act positively at all times.
3. Ask for help when needed.
4. Try to be the first one out to practice and matches and the last one to leave.
5. Lead with best behavior at away matches.
6. Promote tennis team within the school.
7. Lead the team in spirit, effort and sportsmanship.
8. Act like a champion: emulate the effort and attitude that makes a champion
9. Be a leader in school as well as out of school.
10. Share experiences with underclassmen and welcome new members to the team and help create an inclusive environment overall.
11. Be the first to roll dry courts when needed.

### **TEAM CAPTAIN'S GENERAL RESPONSIBILITIES**

1. Meet with coaches at the beginning or end of practice when needed.
2. Follow the Glenbrook North Code of Conduct.
3. Respect and accept the decisions of authority, namely: coaches, teachers and school administrators
4. Assist in organizing and running any charitable fund raising activities.
5. Address the team at the end of practices and matches and acknowledge good play and effort beyond expected levels.
6. See that each team member feels a part of the team and is contributing to the team's success. After your match cheer on other players that are still

playing and encourage others to do so as well. Be positive toward both teams!

7. Be available to teammates if they need to voice their opinions. Be positive and supportive of their concerns as well as the tennis program.
8. Maintain practice intensity and tempo when it is lagging.

### **TEAM CAPTAIN'S EVERYDAY RESPONSIBILITIES**

1. Make sure all balls are off the courts at the end of practice.
2. Lead dynamic stretching at the beginning of practice and cool down at the end.
3. Help the coaches in practice with drills, warm-ups, and discipline.
4. Be available to other members of the team for help, advice, etc.
5. Make each team member feel important and part of the team.
6. Show the best sportsmanship and character on and off the courts.
7. Help the coaches maintain team cohesiveness and team spirit.

### **TEAM CAPTAIN'S MATCH DAY RESPONSIBILITIES**

1. Make sure all team members are properly warmed up.
2. Make sure all practice balls are off the court when the opposing team arrives.
3. Greet opposing coach and team and introduce yourself.
4. Seek out opposing coach at the end of matches and congratulate the coach and their teams' effort.
5. Make sure all scorecards and tennis balls are off the courts at the end of matches.
6. Read team line-up during team introductions.
7. Organize snack lists for home and away matches.

## TEAM CAPTAIN'S AGREEMENT FORM

I, \_\_\_\_\_, have read the expectations that are in place for me as the Captain of the tennis team. I will do my best to support my teammates and the coaching staff, as well as be a role-model for the girls on all levels of the GBN tennis program. Should I have any concerns during the season, I will bring them to the attention of the coaching staff in order to try and resolve them successfully and in a timely fashion.

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Signature

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Date

# **Tennis is a Lifetime Sport**

## **Tennis Information Sheet for Player and Parent**

### **Athletics is...**

**a vehicle of human enrichment to grow physically, emotionally and mentally. Both life and tennis are an exercise and test of a person's character.**

### **A winning philosophy is...**

whenever I play I win, because I learn something about myself outside of tennis and about my game.

### **What does it mean to win?**

1. Proper preparation. Practice hard everyday, accept instruction, balance school and extracurriculars. Eat a balanced diet, get enough sleep and visualize your match.
2. Stay focused and work hard during your match.
3. Enjoy the competition!
4. Treating your opponent and the sport respectfully.

**Winning/the score is not the only indicator of a victory on the tennis court.**

Do you have a winning philosophy and are you following a winning process?  
Our goal is to get better individually as players, as a team and as overall people during our season.

## **What are the goals of the tennis team?**

Sportsmanship

Team Spirit

Mindfulness while Competing

Individual and Team Improvement

Fun

## **What can parents do to help?**

1. Support your daughter's efforts to be an athlete.
2. Help your daughter (student/athlete) organize her time.
3. Continue to encourage your daughter to maintain a healthy diet, good sleep habits and balance in her day.
4. Win or lose, encourage your daughter.
5. If you play tennis, take the time to hit with your daughter.
6. Join the Spartan Booster Club.
7. Work with other parents to set up a car pool system.
8. Work with our Booster Club Representative to facilitate team activities.

## **What should you do when watching a match?**

1. Be positive and supportive.
2. Applaud good shots/points- do not applaud errors and bad shots by the opponents.

3. Please do not criticize the players' line calls. All players are coached to be fair and when in doubt, the ball is IN. You can't call the lines from outside the fence so please let the players do their best on court.
4. Do not talk to the players during the match- only the coach may talk to the players while they are on the court.

### **What are the player's responsibilities?**

1. Have a positive **attitude**. Work hard in practice everyday. Identify your weaknesses and work on improving your game and your focus while playing.
2. Make a **commitment** to the team. We all must make some personal sacrifices in order for the team to be successful. Our season is short!
3. Be a **team player**. The success of the team is of primary importance and should be a goal for every athlete. Being able to play a number of different positions enhances the opportunities for team success.
4. Be a **good communicator**. Share your thoughts with your coach and reach out in person or via email with concerns before or after practice.
5. Be familiar with the **team rules** and regulations and follow them.

### **Team rules and regulations:**

1. In the event of absence or illness from school, causing a player to miss a practice or a meet, the coach must be notified by 9:30 A.M. Players who miss a practice the day before a meet will not be allowed to compete in the meet.
2. Vacations do not constitute an excused absence unless the trip is with your family and they require that you attend. Please schedule vacations around the tennis schedule as your absence impact the team overall. College visits and academic testing (ACT, SAT) must not be taken during the tennis season if there is a scheduled tennis meet.
3. Racket throwing; ball slamming and abusive language will not be tolerated in practice or in meets.

4. Conditioning exercises and drills must be performed to the best of one's ability throughout the entire season. Players are expected to study all handouts regarding mental training, game strategy, or other tennis related information.
5. Plan on practicing everyday, rain or shine, Monday through Saturday.
6. All players are expected to ride the bus to the meets and return with the team on the bus. Your parents may take you home from a meet with prior approval of the Athletic Director. Permission will be granted by the AD in response to an email written by a parent.
7. The IHSA does **not** allow students to take group lessons during the tennis season.
8. Caring for the tennis equipment that is assigned to you is your responsibility. You must pay for lost or damaged equipment. Return your uniform in a timely fashion.
9. It is the policy of this team to suspend any student who is caught in possession of or in the act of using alcohol, drugs, vaping or tobacco. The student is expected to adhere to the Code of Conduct found in the student handbook.
10. All team members are expected to attend every meet whether they are scheduled to play or not, unless excused by the coach. All tennis matches are important to the **team**, do not leave a meet early. Supporting your teammates is vital to achieving team success.
11. All players are expected to maintain good grades. Players may come up to 30 min. late to a practice if the reason is regarding a class. Inform the coach at least one day in advance if you need to see a teacher for help.
12. Players are expected to be on time for practice, matches and meetings.
13. Players must wear the team uniform in order to compete.
14. Win or lose a player must shake the opponent's hand and report the score to your coach or site manager immediately following the match.
15. Failure to comply with the above rules and regulations may result in being suspended and/or being dropped from the team.

**Most players have the will to succeed; fewer players have the will to prepare to succeed.**



## HOW ARE YOU PRACTICING?



Since you are on the tennis team, chances are you are playing a lot of tennis and interested in improving your game. But, what is the **quality** of your practices?

Actually, there are two ways to practice: **passive and active.**

**Passive practice** means that you arrive just in time, (or you are late) and you simply do the things that your coach tells you to do without much energy, enthusiasm and without any particular objectives. You may be present, but you aren't really preparing yourself for high achievement and your upcoming matches.

In contrast, **active practice** means getting to the courts on time, (or early) and mentally preparing yourself to work hard and focus on practice every day. Active practice means coming to practice knowing your weaknesses and making an effort to improve them. Active practice means paying attention to what the coach is saying and trying to understand what the coach is trying to accomplish. In addition, you try to be a positive team player and help the coach accomplish team goals.

The more often you participate in an active practice, the better player you will be. The more often your teammates practice actively, the stronger we will be as a team.

Make the commitment! Come to practice everyday ready to work, ready to focus on improving and ready to be a positive influence on your teammates. Success begins at practice...work strong, play strong, live strong!

# GBN Varsity Tennis

## Goal Setting Worksheet

We are off to a great start as a team this season. We have some returning players as well as some who are new to the Varsity team. Today, I'd like to take some time to really define and focus on some goals. Goals are important as they help us stay committed and keep us working hard as a team. It is also important to put our goals in writing and refer to them regularly as they keep us moving forward every day in both practice and matches.

1. What are some goals you have for yourself this season?

Tennis:

Academic:

2. Where do you see yourself playing in the line-up? Be specific as far as position and partners.

3. What are some goals that you have for the season as a team?

4. What can you do every day in practice to help achieve team goals and your individual goals?

5. Please write down any concerns/thoughts that you may have for me at this point in the season.





## IMPROVE YOUR GAME

### CORE VALUES OF A SUCCESSFUL PLAYER: BE RESILIENT AND COMPETE LIKE A CHAMPION

The defining characteristic of resilient players is having the ability to bounce back and refocus after failure. To come out of loss and disappointment with determination, belief and a willingness to fight to the end.

"Resilience is ordinary magic – all of us have the power within to bounce back from failure."

"Refuse to lose."

"Fall seven times and stand up eight."

"Every strike brings me closer to the next home run." – Babe Ruth

#### **TO BE RESILIENT IS TO:**

- Understand it is not about being perfect. In fact, to be resilient you have to struggle and fail.
- Have resilient thoughts. Instead of finding the reasons you will lose, find the reasons why you can succeed.
- Stick to your plan and routines, even when you struggle. Do not panic.
- Get back up and carry on. Resilience may be the most important value because in tennis, as in life, we are going to struggle and fail.
- Understand that you will need:
  - A reason, a drive to keep fighting

- Support from others because you cannot always do it alone
  - Coping skills to deal with the stress and struggle because it won't come easy
- Use the 'breathe and believe' routine. Take deep breaths, accept how you feel and what is happening and let it go. Then begin the process of refocusing by believing in yourself. Remind yourself of your strengths and the task at hand. Like Serena in the example below, use times when you have bounced back as a strong reminder that you can do it again.
  - Look at struggles as opportunities to learn and grow. This mindset allows you to approach difficult situations with an optimism others do not exhibit.
  - Not avoid the struggle, but go after it. Face it head on and be determined to find a way.

### **EXAMPLE:**

Serena Williams has achieved many great things in her tennis career. One of her most impressive single matches was the 2012 US Open final against world No. 1 Victoria Azarenka, who had won the Australian Open earlier in the year. Two points away from losing the match and down 3-5 in the third set, Serena kept fighting and going for her shots. Earlier in the match she was not always able to find the range. But when she needed it the most, Serena found her range and bounced back to win the last four games and, with it, the match, 7-5 in the third set.


In doing so, Serena showed the resilience of a champion. When pushed to the brink of defeat, she trusted her game and went for it. She did not give in even though in her mind she was struggling a bit.

"I honestly can't believe I won. I really was preparing my runner-up speech, because I thought, 'Man, she's playing so great,'" Williams said during the trophy presentation after the 2-hour, 18-minute encounter. "I'm really shocked."

That Serena fought back and won the 2012 US Open should not be a surprise. She has always shown tremendous fight and desire to be the best. Azarenka knew quite well what she had to deal with. "She never gives up," said Azarenka. "She's definitely the toughest player, mentally, there is and she's got the power."

How was Serena able to bounce back from being down in the third set? She had resilient thoughts. "I never, never quit. I have come back so many times in so many matches," Williams said.

# The 5 Key Mindset Qualities of Successful Athletes

 [breakingmuscle.com/fitness/the-5-key-mindset-qualities-of-successful-athletes](http://breakingmuscle.com/fitness/the-5-key-mindset-qualities-of-successful-athletes)

October 27, 2014

In parts one and two of this series, I detailed two powerful practical mental tools to help get your mind in the right place: motivational themes and not fearing the negative. In this final part, we are going to talk about the true cornerstone to getting your mind right on game day - your mindset.



## Mindset Is Everything

**Mindset. Is. Everything.** Burn that statement into your brain. Mindset should be considered the intangible X-factor that can strongly determine your competitive success or failure.

**The reality you perceive is always the end product of your mindset.** But a nigh overlooked aspect of mindset is this: your mindset is but a true reflection of who you are as a person. In other words, the personal qualities you possess and represent fully imbue your mental outlook.

With that in mind, determining the best mindset for your game day is really about honing these key personal qualities. **While everyone has a different personality, I have found there are five key mindset qualities common with nearly all successful athletes:**

1. Persistence
2. Positive Realism
3. Humility
4. Vulnerability
5. Lack of Regrets

## Mindset Qualities



## 1. Persistence

Persistence is simply the quality of always continuing to move forward. To continue regardless of setbacks. **To endure until the end.**

One of the best examples I ever seen that illustrates true persistence comes from the boxing film Rocky II. **In one truly memorable scene, Duke, the trainer of Rocky's opponent Apollo Creed, tells Apollo why they shouldn't fight Rocky again:**



<https://youtu.be/sutS7C7WQSc>

He's all wrong for us, baby. I saw you beat that man like I never saw no man get beat before, and the man kept coming after you. Now we don't need that kinda man in our life.

In terms of persistence, that's exactly the kind of man/woman you want to be. **To just keep going after your objective even when you're absolutely beaten down.**

## 2. Positive Realism

Being positive is an integral and intrinsic aspect of having the right mindset. **But, it's important to temper your positivity with some realism.** As we discussed in my article on how to deal with negative thoughts, no one is positive 100% of the time.

**RELATED: How to Turn Negative Thoughts into Positive Actions**

Not every situation you encounter in your competitive realm will be positive. Trying to adopt an overinflated positive-towards-everything mindset is going to set you up to fail because our brains just aren't wired that way. For every positive, there has to be a negative. **So, positive realism is about trying to make the best of a bad situation or challenge, but tempering that with realistic assessment and action based on your circumstances.**

"[Y]our mindset is but a true reflection of who you are as a person. In other words, the personal qualities you possess and represent fully imbue your mental outlook."

For example, in a fitness environment, this usually manifests itself in athletes not listening to the bad signs when their body is in pain. Instead they ignore these feelings because they see acknowledging them as form of negativity. They continue on exercising and then wonder why they end up hurting themselves. **In these type of situations, by being realistic and knowing when to back off, you may lose today's battle, but the end result is positive.** There's nothing positive about winning today at the cost of injuring yourself for the long term.

**RELATED: When Enough Is Enough: Knowing When To Quit**

### 3. Humility

Humility is about remaining hungry to keep improving. A humble person is one who is quietly confident in his or her mindset, yet is always realistic in assessing his or her strengths and weaknesses. **A humble person does not under- or overestimate abilities.**

If you practice humility, you will become an internally motivated person. You will seek to achieve and improve yourself not for external validation, but to satisfy your own desire to keep growing as an athlete and a person. That is the essence of competitive fire right there. **That's the kind of motivation that will keep you training rain, hail, or shine.**





## 4. Vulnerability

Being vulnerable is not a quality that most would associate with having a bulletproof mindset. A vulnerable person is one who is not afraid of failing or sharing those failures with others.

**Vulnerable people realize they learn more from times of failure than success.** They are not afraid of adopting an open-minded approach to training or trying new ideas. They recognize the need to change and evolve as they age or as their goals broaden, and they are willing to seek help to get the best out of themselves.

**RELATED:** [The Science and Psychology of Motivation for Athletes](#)

While vulnerability is often seen as a sign of weakness, it is actually the opposite. **Being vulnerable allows you to strengthen your resolve because we cannot grow truly strong until we acknowledge the areas where we are weak.** Exposing your vulnerability will ensure you never get overconfident or hubristic, and it will always remind you of where you came from and how hard you had to work to get where you are. Nothing builds a steely and determined mindset more than that.

## 5. No Regrets

**How many times have you competed in an event and wished you'd done more training? Or finished an event and wished you had pushed yourself harder?** For most athletes, this is a regular occurrence. It is also a mindset that leads straight to Regret City, population #you. Regret is a powerful and destructive human emotion.

"A vulnerable person is one who is not afraid of failing or sharing those failures with others. Vulnerable people realize they learn more from times of failure than success."

When you are preparing and competing, you need to have the courage to honestly answer this question, **"Am I satisfied that I did everything I was willing to do to achieve my goal?"**

Just like life, game days are not infinite and they're certainly not warm ups. Make every opportunity count. Control the controllables. **That is, do everything you are willing to do to achieve your goal right now.** Don't lament what could have been later on. If you practice the four qualities discussed above, then living a life of no regrets should become second nature.



## Create Your Own Warrior Mindset Step-By-Step

1. Go back and complete the take-home lessons in my articles on motivational themes and not fearing the negative.
2. Reflect on the five mindset qualities outlined in this article, considering how you can best integrate them into your own mindset. Write a short mission sentence on each quality and how it integrates with you. Write your mission sentence on a document along with your motivational themes. Put this document somewhere prominent where you can see it and read it everyday.

3. For the next 28 days, live and breathe your mindset and motivational themes document. Read it in the morning and before bed, talk about it with your confidants, and practice them during your training.

## A Final Word On Getting Your Mind Right On Game Day

**In this series, I have laid out a set of practical tools and concepts for you to get your mind right on game day.** These techniques have worked extremely effectively for me and nearly all of the athletes I have coached.

Will they work for you? I'm confident they will, but also humble enough to acknowledge the best way to get your mind right is to find what works best for you and to practice it religiously. So, in relation to my thoughts, I suggest you apply the advice of the great martial artist Bruce Lee:  
**“Absorb what is useful, discard what is not, add what is uniquely your own.”**

See you on game day! (And let me know how it goes!)

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