



**NEBRASKA**  
**COACHES**  
**ASSOCIATION**  
**MULTI-SPORT CLINIC**



**“Are You Frozen-In or Burned-Out”**

**{How Things are Sometimes Done in Texas!}**

**\*\*Willie Amendola, HFC of Dekaney HS moments following his team’s 34-14 AAAAA State Championship victory over Cibolo Steele @ Cowboys Stadium in Arlington, Texas**

**The Arrogance of Authority**



**A DEA officer stopped at a ranch in Texas , and talked with an old rancher.**

**He told the rancher, "*I need to inspect your ranch for illegally grown drugs.*"**

**The rancher said, "*Okay , but don't go in that field over there.....*", as he pointed out the location.**

**The DEA officer verbally exploded saying, "*Mister, I have the authority of the Federal Government with me !*"**

**Reaching into his rear pants pocket, he removed his badge and proudly displayed it to the rancher.**

***"See this badge?! This badge means I am allowed to go wherever I wish.... On any land !!***

***No questions asked or answers given!! Have I made myself clear.....do you understand ?!!"***

**The rancher nodded politely, apologized, and went about his chores.**

**A short time later, the old rancher heard loud screams, looked up, and saw the DEA officer running for his life, being chased by the rancher's big Santa Gertrudis bull.....**



**With every step the bull was gaining ground on the officer, and it seemed likely that he'd sure enough get gored before he reached safety. The officer was clearly terrified.**

**The rancher threw down his tools, ran to the fence and yelled at the top of his lungs.....**

**(I just [love](#) this part....)**

***"Your badge, show him your **BADGE**..... ! !"***

# **A CHEROKEE LEGEND**

**AN OLD CHEROKEE IS TEACHING HIS GRANDSON  
ABOUT LIFE.**

**"A FIGHT IS GOING ON INSIDE ME," HE SAID TO THE  
BOY.**

**"IT IS A TERRIBLE FIGHT AND IT IS BETWEEN TWO  
WOLVES.**

**ONE IS EVIL - HE IS ANGER, ENVY, SORROW,  
REGRET, GREED, ARROGANCE, SELF-PITY, GUILT,  
RESENTMENT, INFERIORITY, LIES,  
FALSE PRIDE, SUPERIORITY, AND EGO."**

**HE CONTINUED, "THE OTHER IS GOOD - HE IS JOY,  
PEACE, LOVE, HOPE, SERENITY, HUMILITY,  
KINDNESS, BENEVOLENCE, EMPATHY,  
GENEROSITY, TRUTH, COMPASSION, AND FAITH.**

***THE SAME FIGHT IS GOING ON INSIDE YOU –  
AND INSIDE EVERY OTHER PERSON, TOO."***

**THE GRANDSON THOUGHT ABOUT IT FOR A MINUTE  
AND THEN ASKED HIS GRANDFATHER, "WHICH  
WOLF WILL WIN?"**

**THE OLD CHEROKEE SIMPLY REPLIED,**

**"THE ONE YOU FEED."**

## **FROZEN-IN**

We create our own deep freeze of discouragement, frustration, diminished creativity and lack of enthusiasm for life and teaching/coaching by: being VICTIM, holding RESENTMENT, and needing to be RIGHT.

- ~ “Coping, Ignoring, Escaping and Comparing”
- ~ Demanding: (tyranny of the “should”)
- ~ Attacking: \*others - \*Institutions - \*Life
- ~ Trying to control the uncontrollable

“Discouragement”

“Despair”

“Depression”

“Disease”

“Death of the Imagination

“Death of Creative Powers”

# **THAWING OUT, WARMING UP, STAYING HOT**

## **1) SET SHORT TERM GOALS**

*“For Fast-Acting Relief, Try Slowing Down” Lily Tomlin*

## **2) STOP COMPLAINING; ACT POSITIVELY (Pity Party is Over) CHOOSE TO BE LESS IF-FY**

*Don't miss out on enjoying the present by wishing “if only” somebody or something else would come your way.*

*Choose to leave the past behind ... look forward and begin living a life filled with new possibilities.*

## **3) EXPECT SURPRISES & DISAPPOINTMENTS**

*Go FORWARD by going BACKWARDS.*

*“It is not what you look at that matters; it's what you see.” Henry David Thoreau*

## **4) DON'T DO ANYTHING ABOUT SOMETHING YOU CAN'T DO ANYTHING ABOUT**

*Leave the past behind.*

## **5) DO WHAT YOU DO WELL; ALWAYS USE STRENGTHS**

*Choose to be a VICTOR: we become what we think about, so no matter your circumstances, you can choose your attitude!*

*Choose to discover your MAGNETISM ... we have the power to attract WHO and WHAT we truly want into our lives!*

## **6) WHY ARE YOU DOING WHAT YOU ARE DOING?**

*“Make it a Purpose to Know Your Purpose”*

*Life can become very full fast. If we first block off time for WHO and WHAT is most important in our lives, it can actually free us up to really focus on all the rest.*

*“The key is not to prioritize what’ on your schedule, but to schedule your priorities.”* Stephen Covey

## 7) DON’T TAKE YOURSELF SERIOUSLY

*“Life is really simple, but we insist on making it complicated.”* Confucius

*“The essential question is not, “How busy are you?” But what are you busy at.”* Oprah Winfrey

*“Enjoy the little things in life, for one day you may look back and realize they were the BIG things.”* Robert Drault

*Slow down to go faster ... take time to live each day to the fullest ... “Give your stress ‘wings’ and let it fly away.”* Terri Guillemets

*It’s up to YOU ... stress is YOUR choice!*

## **WORK CHARACTERISTICS OF A 3-PERCENTER**

\*\*\*ATTACH PYRAMID\*\*\*

**“Football may be the best taught subject in American high schools because it may be the only subject that we haven’t tried to make easy.”**

**Dorothy Farnan, Former English Department Chair, Erasmus Hall HS, Brooklyn, New York**

### **“Power of Influence”**

**“What we do as coaches is SPECIAL and you know it’s a human condition to be AVERAGE! It’s not to be as good as you can be ... it’s the human condition to be able to survive, to just get along, be average. It’s why when a kid makes an A on a mid-term exam, he misses two weeks of class or doesn’t go or try ... thinking if I get a C on the next test, I still get a B average. Lot’s of people think that way; that’s normal; so, when you get one that comes out for football and he thinks that way, don’t think he’s got something wrong with him ... he’s NORMAL! What we do to get him to play hard, to play tough all the time ... to give effort ... is SPECIAL! It’s special to get somebody to be the best that they can be ... to understand the work ethic and how important it is to earn it and to understand you reap what you sow.”**

**Nick Saban, Head Football Coach, University of Alabama**

## **EAT that FROG!!**

**Author Brian Tracy believes that for you to stop procrastinating and to become more effective in managing your time ... the key to reaching high levels of performance and productivity it to develop the lifelong habit of TACKLING YOUR MAJOR TASK FIRST THING EACH MORNING.**

**There’s an old saying that if you eat a live frog in the morning, nothing worse can happen for the rest of the day!**

**Your “FROG” should be the most difficult item on your to-do list.**

**Time management is really life management.  
So, EAT that FROG and transform your life.**

**“Procrastination is attitude’s natural assassin. There is nothing so fatiguing as an uncompleted task.”**

William James, one of the founders of modern day psychology

## **DON'T GET TO CHOOSE CIRCUMSTANCES YOUR JOB IS TO DEAL WITH IT**

What a terrible day to be the Head Football Coach @ B.F. Terry High School. I had to speak at a funeral for 600 student-athletes. My wife told me what a great day to be the Head Football Coach @ B.F. Terry High School. You are important ... you can soothe the hurt ... you can dull the pain ...

**SO, KEEP IN MIND:**

Players are not here for the coaches, we are here for them ...

If they do not gain in a positive way because of us –

We are in the wrong profession.

Let parents and athletes know that they can count on YOU.

**What is good about B.F. Terry High School ...**

**What is great about B.F. Terry High School ...**

**What is straight-running phenomenal about B.F. Terry HS ...**

**\*\*\*YOU\*\*\* - YOU are here!**

**Be E-N-T-H-U-S-I-A-S-T-I-C!**

***“Be on fire ... or be fired!”***

Bum Phillips, retired football coach

## ***The Road to Happiness***

I am thankful for ...

~ the mess to clean after a party because it means I have been surrounded by friends.

~ the taxes I pay because it means that I am employed.

~ a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.

~ my shadow who watches me work because it means I am out in the sunshine

~ the spot I find at the far end of the parking lot because it means I am capable of walking.

~ all of the complaining I hear about our government because it means we have freedom of speech.

~ my huge heating bill because it means I am warm.

~ the lady behind me in church who sings off key because it means I can hear.

~the alarm that goes off early in the morning hours because it means I am alive.

~the piles of laundry and ironing because it means my loved ones are nearby.

~weariness and aching muscles at the end of the day because it means I have been productive.

Thank you very much!