

Cornell Notes- **Coaching, Teaching, and Seeking Excellence**

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- Essential Questions -	- Ideas - Reactions - Connections (where does this fit in your program)
What concepts do my athletes not know that are essential for achieving excellence?	
What things do I currently do to reward effort?	
What qualities and actions do I respect in the other coaches around me?	

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Essential Questions	Ideas, Reactions, Connections
What do I want my athletes to think about their high school athletic experience when they turn 40 years old?	

Reflect & Recapitulate

In your own words, record the main concepts and what ideas you want to pursue further.
