SURVIVE OR THRIVE?
THE CHOICE IS YOURS

Kevin M. Bryant, PhD., CMAA
Thrive Athletic Consulting, LLC.
WIAA Coaches Express  June 11, 2016
“Mom, I can handle the rush! You’re being overprotective!!”
“Remember, son. All of my vicarious hopes and dreams are riding on your shoulders ... Now get out there and have fun!”
WE ARE PEOPLE OF ACTION LIES
DO NOT BECOME US
THE REAL JOB OF A SUCCESSFUL INTERSCHOLASTIC COACH IS TO:

Comfort the afflicted and afflict the comfortable
SUCCEED

• AMEND
• ADAPT
• ACQUIRING
• ADJUST

FAIL

• RETREAT
• RENEGE
• REVERSE
• REPEL

SUCCESS

• OUTLAST
• OUTLIVE
• OUTLAST
• OUTLIVE
SCOTT PECK-THE ROAD LESS TRAVELED

• “Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult-once we truly understand and accept it-then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters.”
THRIE

- Flourish
- Prosper
- Succeed
- Boom

- Bloom
- Blossom
- Increase
- Grow healthy
A FEW THOUGHTS ON THRIVING

• Love high school students, love em with all you got. Can’t thrive without connecting

• Wooden—Young people need models not critics.

• What does your student athlete “investment portfolio” look like?
THRIVING MEANS BEING TEECHABLE, HUMBLE & REFLECTIVE

- *It is what you learn after you know it all that counts.* John Wooden
- AHS Head Softball Coach
- Recreate means to Re-Create
  - Have to have planned down time and FUN.
- Reflective practice…critical to your thriving
  - Press box, Starbucks, walk?
  - Consistent
  - Quiet with a pad and paper
THRIVING INVOLVES VISION

- Where are you headed on purpose?
- Without a vision the people perish.
- How I got here today. Personal vision quest
- Ownership=people supporting what they help to create
THRIVING INVOLVES TAKING CARE OF YOURSELF

- Exercise
- Read
- Sleep
- Eat
- FUN
THRIVING INVOLVES BUILDING A TEAM

• Your staff is your team you are the coach
• Define your mission, clearly and succinctly
• Jim Collins, Good to Great. Right people on the bus, wrong people off of it, right people in the right spots
• Good teams build around leadership
  • Forming, Norming, Storming, Performing
  • People want to help if given the opportunity in their areas of strength
  • Greatest tool to build community is the athletic program
THRIVING INVOLVES LEAVING A LEGACY

- In the heart of those we serve.
- In your athletic secretary, principals secretary, head custodian, booster club chair, head and assistant coaches, student athletes, teachers
- Character can be taught by people who have already have it. How is it taught?
  - Role modeling
  - Environment
  - Education
WHAT DOES LEAVING A LEGACY LOOK LIKE?

• Kevin Costner in and Ashton Kutcher in The Guardian
• Go deep and wide.
• Who is the next you? Next generation investment or a current younger AD?
• Joe Ehrmann, InSideOut Coaching
• Brian Kilmeade, author, two books you should get for your bookshelf
  • The Games Do Count
  • It’s How You Play the Game
TRANSACTION VS. TRANSFORMATION

- NFHS says an expert coach is one who
  - Understands technique and tactics
  - Excellent communicator
  - Well organized
- Does any of this lead to **TRANSFORMATION OF YOUR ATHLETES? ???**
YOU THRIVE WHEN YOU

• Love kids with your whole heart
• Are teachable, humble and reflective
• Have and share a vision
• Take care of yourself
• Build a team in your community
• Leave a legacy in the lives of others
THRIVING MEANS YOUR ATTITUDE IS

Life is an adventure to be lived
not a problem to be solved
MORE BOOKS FOR YOUR REFLECTION READING

VISIONEERING
ANDY STANLEY

ROBERT PRUTER
MORE BOOKS TO CONSIDER
FOR YOUR REFLECTION READING

COACH

25 WRITERS REFLECT ON PEOPLE WHO MADE A DIFFERENCE

Edited by Andrew Blauner
With a Foreword by Bill Bradley
BOOKS FOR YOUR REFLECTION READING
A REQUESTS FOR YOU TO CONSIDER

• Buy a book if you are interested in exploring how to THRIVE all year.
MORE INFORMATION?

Kevin M. Bryant, CMAA
Thrive Athletic Consulting, LLC
Kevin.bryant024@outlook.com
503-515-5847