

# HARRISON PANTHERS





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First: Our Goal is to “Win”



Would you like to be part of  
playing for a  
CHSAA Championship?



# How Do We Get There?

- \* Preparation
- \* Skill Development
- \* Blue Collar Work
- \* Positive Attitude
- \* Strong Character
- \* Team Chemistry

And a reflection on our athletic culture  
as athletes and as teams

# Athletic Culture

- ▶ Webster Dictionary : Culture - The set of shared attitudes, values, goals and practices that characterizes an organization.
- ▶ Culture consists of shared purpose, attitudes, values, goals/milestones, practices, behavior and habits that define a team - Mike Smith, Head Coach Atlanta Falcons
  - ▶ The Harrison Culture?

# Looking at Culture

## ▶ At HHS

- ▶ Do you do enough fundamentally and athletically to improve and be great?
- ▶ Do you do all you can to help our team improve and be great?
- ▶ Do you give your best effort all the time to improve and become great?
- ▶ Do you behave in a way that only allows others to think we are athletes who care, are trustworthy, have integrity and are good citizens no matter where we are or what we are doing?
- ▶ “IF NOT” - you need to ask yourself why

# What do we do to Improve

- ▶ Process/Preparation: look at the steps to the season and take the steps needed daily, weekly and monthly - this also includes the off season, preseason and post season. Look at the steps for individual and team improvement and work on them down to the finest detail. Do not take anything for granted. Prepare, prepare, prepare. Love the process.
- ▶ Purpose: why do you play?? Our hope is that you play to improve both fundamentally as a player and to be a person of strong character and a good citizen. Athletics provides you with the opportunities to strengthen your mind, body and spirit. Don't confuse with your goal which is to win.

# Improve

- ▶ Blue Collar Mind Set Work Ethic: willing to take on every job, always gives relentless effort, not afraid of doing the dirty work, always strives to improve and learn - really cares, total focus, never gives up.
- ▶ Team Work: works for the collective good of the program, is selfless and humble, has a genuine caring for teammates, encourages others to be their best.

-----Team Beats Talent When Talent Isn't a Team-----

Improve

1%

1%

1%

Everyday in Everyway

IT IS ALL ABOUT YOUR

ATTITUDE

CHARACTER

EFFORT



# Qualities That Describe a Successful Athlete

committed, honest, attentive,  
responsible, effective,  
cooperative, coachable, trust worthy,  
respectful, energetic, focused,  
fortunate, polite, competitive,  
tough, intense, flexible, dedicated,  
hard worker, optimistic, reflective,  
passionate, good citizen, disciplined,  
strives for perfection, involved, on  
time, strong minded, perseverance,  
communicator, team work, foot work,  
balance, explosion, strength,  
leadership, courageous, service to  
others, empathy, loyalty, excellence,  
happy, committed, sense of humor,...

# Character

## Performers v Pretenders

John Wristen - Head Football Coach, CSU-P

### Performers

- ▶ Are willing to sacrifice for the good of the team,
- ▶ Work to prepare to win. It is not difficult to them because they have the desire to succeed as individuals and ultimately as a team.
- ▶ Do the little things to improve their game.
- ▶ Can be trusted to do their job to the best of their ability every time and in everything they do (consistency).
- ▶ Dedicate themselves to the common goal of a team without hesitation.
- ▶ Can be counted on in difficult times.
- ▶ Protect their bodies with rest.

### Pretenders

- ▶ Are too absorbed in themselves and their agenda to sacrifice.
- ▶ Do not want to work. It is too difficult and not worth their time.
- ▶ Are good enough.
- ▶ Will do their job when they want to and when it is convenient for them.
- ▶ Wait to see if it is worthwhile and how it will benefit them.
- ▶ Are there when things are going well and make things worse in difficult times.
- ▶ Don't take care of body/mind with rest, food and fluid.

# Negative Influences That Stop Success

- ▶ Is/Are everything opposite of what describe a successful athlete
- ▶ Poor behavior
- ▶ Moody/Poor Attitude/Body Language
- ▶ Disrespect
- ▶ Adversity/Distractions
- ▶ Poor grades
- ▶ Work ethic

# Today's Most Impactful Distraction Social Media

► Before you  
Twitter, SnapChat, Instagram, Vine  
Tumblr, Vimeo, Pintrest, etc.....

Think

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

# Misuses of Social Media

- ▶ Inappropriate Postings
- ▶ Is/are anything that could be considered detrimental to themselves, coaches, competitor's, athletic programs, other people and Harrison High School
- ▶ Cyber-bullying
- ▶ Direct statement that is derogatory to a group or individual

# InsideOut Initiative

- ▶ Funded by NFL
  - ▶ Why we play
  - ▶ Our purpose
  - ▶ States adopting:  
Minnesota, Colorado,  
Texas
  - ▶ Soon to be all 50 states
- ▶ The InsideOut Initiative exists to transform the current win at all costs sports culture into one that promotes sports as a human growth experience that connects students to caring adults in their learning community.

# Moving Forward

## Values

- ▶ The Harrison High School Athletic Department is aware of the importance of athletics as part of a well-rounded educational experience. We have long known that the daily results of team work, preparation, participation, and hard work assists in developing positive character traits in our students. The lifelong message we are able to deliver involves values such as respect, responsibility, fairness, trustworthiness, caring, citizenship and accountability. Participation in high school athletics and activities is often the predictor of success - in college, a career and becoming a contributing member of society. As an athletic staff, we build daily on this foundation, using teachable moments to deliver a message of positive attitude, strength of character, relentless effort, and team spirit.

# Where Should We See Values

On The Court

On The Field

In The Weight Room

At Home or In Public

and

In Every Classroom

# Strengthening Our Culture

- ❖ Look at where we have been and honestly reflective on our personal role and our individual sport role and take responsibility.
- ❖ Put the work in, which means a sacrifice of time to become a more skilled player, more athletic, more explosive and overall stronger.
- ❖ Learn and become a great teammate. Have great team spirit by putting the needs of the team before yourself - care about all your teammates and in the end have the team be connected in all ways.
- ❖ Give relentless effort at every practice, game, or workout. Be purposeful about always giving your all and holding yourself accountable to do that. Be proud of being that Blue Collar worker.

# Strengthening Our Culture

- ▶ Plain and simple be a good citizen. Stand up for what is right which always isn't what is popular. Stay away from the drama and other negative things that waste your energy and take away from your focus. Be helpful, kind, caring and role model this daily. What others think of you and our school comes directly from how you act. People are watching - so only leave a great impression. Only use social media for positive posts.
- ▶ When times of adversity hit demand more of yourself. Get more focus, work harder, and support each other. If you have to point a finger point it at yourself.

# Strengthening our Culture

## ▶ Be Coachable

- ▶ Coachable Athletes Lead by Example
- ▶ Coachable Athletes Inspire Others
- ▶ Coachable Athletes Listen
- ▶ Coachable Athletes Apply What They Learn to What They Do
- ▶ Coachable Athletes Take Notes
- ▶ Coachable Athletes Reflect Honestly
- ▶ Coachable Athletes Radiate Positive Energy
- ▶ Coachable Athletes Are Great People to Be Around
- ▶ Coachable Athletes Are Always Hungry to Get Better
- ▶ Coachable Athletes Understand The Importance of Being Prepared
- ▶ Coachable Athletes Value The Little Things

By Scott Fishman - Professional Trainer/Coach with Nike

# Purpose

## My purpose as Athletic Director

Is to work with student athletes helping them develop the personal characteristics to become positive, hardworking members of society that are willing to be a service to others.

As a Panther Athlete

WHAT  
IS  
YOUR  
LEGACY/PURPOSE