

TCA's Neil Mason presents Blueprint of a Champion at AVCA Convention

TCA Founder and Director Neil Mason presented an inspiring and uplifting message to a packed house of college and club coaches at the annual AVCA convention held in Sacramento, CA last week. (To obtain more information on this organization, see www.avca.org . As a standing room only crowd gathered to hear how Coach Mason is implementing goal setting techniques for success in life and sports, he led the participants through a plan of action and challenged the coaches to implement the same techniques in their own lives. These same core concepts will be used throughout every team in the TCA organization. A pdf file will soon be available on our website. What follows in this e-mail is an outline of his presentation:

The Blueprint of a Champion: Your Interactive Journey:

By Neil Mason, Saturday, December 15th, 2007

AVCA Annual Convention

As coaches are we leading by spoken word or by our actions?

If our athletes know how much we care, they won't care how much we know! Do we really care about the long-term well being of our players? Do we set GOALS? Do we write them down? Do we plan practices? Do we use weekly task-lists? Are we positive? Do we put first things first? Are our goals clear and present? Do we display high levels of character and integrity? Do we self-assess? Do we take chances and push the envelope? Do we challenge the way? Do we set goals? Are we removing the critical phases of learning from our players? Do we ask questions or just tell them? Do we provide them opportunities to learn and to improve their reading skills? Do we spend time in practices discussing leadership, character, being a good person, and setting goals? Do we challenge the process as leaders? Do we model the way? Do we encourage creativity and aggressiveness?

Without a destination there is no purpose!!!

Without a MAP ----- YOU are LOST!!!!!!

Success in life and sports are very predictable!

When did it become COOL to stop working hard?

Translating sport success to life success

What would you do if you knew you couldn't fail? What have you failed at today? Every failure is an opportunity to teach and to learn"

"It is not the critic who counts, not the person who points out how the strong man /woman stumbled, or where the doer of deeds could have done them better. The credits belongs to the man / woman who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself/ herself in a worthy cause; who at the best, knows in the end the triumph of high achievement; and who at the worst, if he / she fails, at least fails while daring greatly, so that his / her place shall never be with the cold and timid souls who know neither victory or defeat."

Theodore Roosevelt

7 Steps of making a goal a reality

1. Fix in your mind exactly what you want; be definite with your plans. It is not okay to say I want to be a good student or a good volleyball player. Be definite as to exactly what you want. (I will receive a scholarship to XYZ University; I will be an All-American at JOs).
2. Determine exactly what you plan to give and what you will sacrifice for your goal. Anything worthwhile in life comes with a price.
3. Put a timeline on your goal. Be exact with your date. I want to make the Junior National Team by March 9, 2010
4. Create a definite plan of attack for reaching your goals. What you need to do and when it needs to be done by.
5. Write out a clear, concise statement of exactly what you would like to be and when. State what you intend to sacrifice and your plan of how you will get it.
6. Find a mentor, someone who has already reached a similar goal like yours. Talk to your mentor if possible; ask their advice and guidance.
7. Place your written goal in places where you can see it. (Mirror, binder, on your wall in your room) Put up pictures that remind you of your goal. Review your statement or pictures twice daily; when you wake up in the morning and before you go to bed.

Guideline for Success in sport and life: “What you believe, you will become.”

“What you think about most will come to fruition. If you conceive it – and you believe it – you will achieve it. The world has a way of delivering the things you really want! Whether it’s a scholarship, your dream job, becoming an all-American on the court or a 4.0 Academic American off the court, you can achieve your goals.”

If you want to change your OUTCOME; you must first change your MINDSET!!

Volleyball is LIFE!

This Blueprint of a Champion Belongs to: _____

This is your volleyball career, your life, and your goals.

My Team is: The year of this high school / club season / college is:

Positions I play:

The year and school I will graduate from high school / college is:

My favorite thing to do when not playing volleyball:

My coach and assistant coach this season is:

The school I attend now is:

My grade point average is: Fall Semester: Spring Semester:

A college major I am thinking about:

My parents are: Mom: Dad:

My brothers and or sisters are:

My last vacation (where you went and what you did):

Who is my best friend?

Your Team:

Who are the main people that will be necessary to your success in volleyball and will help you to get things done this year? Your coach and your parents are going to be significant to your success and accomplishment. Have them “sign on to your team.” Tell them how you envision that they will be there to help you.

Coach: Will instruct, give information, hold you accountable to team and individual performance and goals related to volleyball.

Coach: X _____

Assistant Coach: X _____

Parents: Will offer encouragement, advice, hold you accountable to your schooling, help you with proper nutrition and be there for you to console, motivate and affirm you. You need their commitment to be you best.

Mother: X _____

Signature

Father: X _____

Signature

People: Other than your coaches and parents, who else will be involved with you journey? Name; How they will be involved?

Mentors / Role Models

You need role models to help you see how things should be done. If a picture is worth a thousand words then a role model is worth thousands of pictures. If you see how a skill is done and then do your best to approximate what you saw you will learn faster than if you are just told by a coach how something is done. You will learn volumes if you watch a person encounter a difficult situation, see their reaction, their subsequent series of actions and results. Write down people that you can use to serve as a role model. Find role models for all aspects of your life. You do not need to know the person. It can be someone who larger than life. It can be anyone that you have some type of access to observing his or her actions. A role model could be someone who is your age but more accomplished at a particular skill. It could be a teacher, an older student, a college student, a brother or sister or a parent.

Note your role models below and the area of your life that they will provide input.

| Name | Skills, behaviors or attributes they will model |
|----------|---|
| 1) _____ | _____ |
| 2) _____ | _____ |
| 3) _____ | _____ |
| 4) _____ | _____ |
| 5) _____ | _____ |

6) _____

Self Assessment for Student Athlete Development

Please be very honest! How would you rate yourself in the following areas? 5–extraordinary down to 1–poor.

Emotional makeup

| | |
|--|-----------|
| Emotional involvement with team | 1 2 3 4 5 |
| Stress tolerance | 1 2 3 4 5 |
| Ability to trust teammates | 1 2 3 4 5 |
| Ability to deal with changes | 1 2 3 4 5 |
| Try new ways to improve | 1 2 3 4 5 |
| Ability to go outside comfort zone to improve | 1 2 3 4 5 |
| Ability to cope with frustrations | 1 2 3 4 5 |
| Ability to deal with the uncontrollable (coach decisions etc.) | 1 2 3 4 5 |
| Ability to cope with time demands (time management) | 1 2 3 4 5 |
| Emotional level and stability in matches | 1 2 3 4 5 |

Spiritual makeup

| | |
|--|-----------|
| Why do you play, reason for playing | 1 2 3 4 5 |
| Ability to be "into it" when playing on the court | 1 2 3 4 5 |
| Belief in possibilities | 1 2 3 4 5 |
| Able to make honest effort | 1 2 3 4 5 |
| Connection between actions and beliefs (belief system) | 1 2 3 4 5 |
| Satisfaction in your effort and play | 1 2 3 4 5 |
| Love of the sport | 1 2 3 4 5 |
| Honest analysis of self | 1 2 3 4 5 |

Physical Assessment

| | |
|---------------------|-----------|
| Speed | 1 2 3 4 5 |
| Vertical Jump | 1 2 3 4 5 |
| Lower Body Strength | 1 2 3 4 5 |
| Upper Body Strength | 1 2 3 4 5 |
| Core Strength | 1 2 3 4 5 |
| Flexibility | 1 2 3 4 5 |
| Stamina | 1 2 3 4 5 |
| Balance | 1 2 3 4 5 |
| Coordination | 1 2 3 4 5 |
| Footwork | 1 2 3 4 5 |
| Diet/eating habits | 1 2 3 4 5 |
| Hydration | 1 2 3 4 5 |
| Training Recovery | 1 2 3 4 5 |
| Proper Sleep | 1 2 3 4 5 |

Volleyball Technical & Tactical

| | |
|---|-----------|
| Passing | 1 2 3 4 5 |
| Float Serving | 1 2 3 4 5 |
| Jump Float | 1 2 3 4 5 |
| Jump Serving | 1 2 3 4 5 |
| Blocking | 1 2 3 4 5 |
| Defense | 1 2 3 4 5 |
| Hitting | 1 2 3 4 5 |
| Setting | 1 2 3 4 5 |
| Court Awareness | 1 2 3 4 5 |
| Versatility | 1 2 3 4 5 |
| Overall | 1 2 3 4 5 |
| Knowledge of your positions' tactical demands | 1 2 3 4 5 |
| Knowledge of other positions tactical demands | 1 2 3 4 5 |
| Ability to find opponents tendencies | 1 2 3 4 5 |
| Awareness of what is working and what is not | 1 2 3 4 5 |
| Knowledge of team defense system | 1 2 3 4 5 |
| Knowledge of team offense system | 1 2 3 4 5 |
| Ability to train at game speed | 1 2 3 4 5 |
| Understand your role on team | 1 2 3 4 5 |

Self Confidence

What makes you confident about yourself in general?

What might shake your confidence?

What makes you very confident of certain volleyball skills you possess?

If for some reason your confidence in a skill or set of skills or a game is not as high as you would like it to be, what principles could you utilize to start the process of regaining your confidence?

Name some things you are very confident about that are not volleyball related:

Name skills or parts of your volleyball game you are very confident in:

What are Goals?

Goals are specific things that you work towards. Goals are not merely wishes or dreams. They are wishes and dreams that are acted upon. Goals are used to provide you with the direction that you need to continue in your perseverance. Effective goal setting is best compared to a map that you would use if you were attempting to go somewhere. A map has the directions or the guidelines for where you are attempting to go. Setting goals is like drawing a map. It provides you the direction as to where you are going.

Goal setting has many positive aspects for athletes that utilize it. Studies have proven that goal setting has improved athletic performance. The most important reason for goal setting is the guidance that it provides you as an athlete. It provides you a reason to continue to persevere when times are tough and when things are not going well. It gives you a marker to aim for and a standard that you want to achieve.

- **Setting goals that are measurable**
- **Challenging goals**
- **Setting goals that are measurable**
- **Challenging goals**
- **Time Lines**
- **Displaying goals and sharing them with others**
- **Action Plan**
- **Acknowledge yourself when you hit a goal**
- **Stair-Stepped goals**
- **Short-Term goals**
- **Mid-Term goals**
- **Long-Term goals**

“Commitment and effort defines a worthy cause. When you dedicate yourself to a goal you give it meaning and importance. Our world often fails to recognize this, but it is unmistakable inside. Pride comes without words, and needs to be defended to no one. Pride is within us and it speaks through our actions louder than any words. To set goals and reach out to them, that is the journey. To be focused and give it your best, that is the reward; for it will define within a pride and exhalation we cannot achieve anywhere else but within our heart and soul.”

---Anonymous

Why did you choose to play for TCA?

1-Be on a good team 2-Good Training / Coaching 3-Close to home 4-Friends
5-Structure 6- I feel TCA will help me to get to the next level 7-Play at Jr. Olympics
8-Training to get a scholarship for college 9-Training to get on Jr. National Team

Comments:

How many days a week do you want to practice? 1 2 3 4 5 Are you willing to do extra practices?

YES / NO Comments:

How much do you want the coaches to challenge you to be your best?

1-I don't 2-Slightly 3 Occasionally 4-Very much so 5-As much as possible **Comments:**

What are you willing to sacrifice to reach your own personal goals: Please check as many as you see fit.

1-Friday night practice 2-Weekend practice 3-Tough Practices
4-Demanding Coaches 5-Extra goals setting assignments 6- Weekday practice
7-Give up extra social activities 8- Drive an hour to practice 9-Weight train at home
10-Reach outside yourself to do more (do things you are not good at)

Comments:

What are you willing to sacrifice to reach your team goals? Please circle the appropriate.

1-Friday night practice 2-Weekend practice 3-Tough Practices

4-Demanding Coaches 5-Extra goals setting assignments 6- Weekday practice
7-Give up extra social activities 8- Drive an hour to practice 9-Weight train at home
10-Reach outside yourself to do more (do things you are not good at)
11-Limited Playing time 12-Getting less sets 13-Playing out of position

Comments:

“As I think of the culmination of all the little things, I come to realize that there are no little things”

Practice Assessment Tool

Pre-Practice

What are my specific goals today for practice with regards to attitude and effort?

What specific area of the game would I like to improve upon with regards to technique?

What specific part of the game would I like to improve upon with regards to tactics and strategy?

Quotes and directives for the white board. (one of each)

Post Practice Self Assessment

How would I rate my performance at practice today with relevance to effort, attitude, emotion, concentration, focus and desire? (Things within my control)

What small details today did I specifically focus upon at practice? (i.e. cover, communication, and / or giving feedback)

What areas did the Coach consistently provide me with feedback? How open was I to his / her feedback and how mindful was I in implementing the feedback immediately.

Was I a GREAT teammate today?

DECISIONS – DECISIONS!!! What should I do? What is my moral code? How big is my why!

Coach John Wooden’s definition of industriousness: Success travels in the company of very hard work. There is no trick, no easy way. It’s not easy but it’s worth it!

Before you can change your outcome, you must first change your outlook!

Hard Work: Simply a redefinition of the term COOL!

As coaches are we leading by spoken word or by our actions?

Do we plan practices? Do we use weekly task-lists? Are we positive? Do we put first things first? Are our goals clear and present? Do we display high levels of character and integrity? Do we self-assess? Do we take chances and push the envelope? Do we challenge the way? Do we set goals? Are we removing the critical phases of learning from our players? Do we ask questions or just tell them? Do we provide them opportunities to learn and to improve their reading skills? Do we spend in practices

discussing leadership, character, being a good person, and setting goals? Do we challenge the process as leaders? Do we model the way? Do we encourage creativity and aggressiveness?

For a full version of the TCA Blueprint of a Champion workbook, please visit online www.tcavolleyball.com