

Mind, Body, Form and the Journey:

Creating a STRONG Culture

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Essential Questions

- What does success look like? (Athlete + Coach)

- Are we training our athletes to be champions in Wichita ... or in life? Where do we place our effort/energy/plans?

- What are the differences between the “*Destination*” Training approach vs. the “*Journey*” Training approach?

- How can we be “successful” in the Journey? How do we measure it?

- What does building a “STRONG CULTURE” mean? What is right for your team?

- How does creating “strength of mind” fit into the Journey?
 - What is the evidence that our athletes have this strength?

 - If our athletes aren’t mentally strong... how do we change our training to focus on that?

- How does creating “strength of the body” fit into the Journey?
 - What is the evidence that our athletes have this strength?

 - If our athletes aren’t physically strong... how do we change our training to focus on that?

- How does creating “strength of form” fit into the Journey?

- What is the evidence that our athletes have this strength?

- If our athletes aren't technically strong... how do we change our training to focus on that?

- How can we get our athletes to value the Journey... how can we get them to expand their focus?

- How can we “celebrate/honor/recognize” the champions of the Journey?