



## PLC Coach Focus of Week: Be A Positive Example

This week's coach note is offered by Katie Riley, Notre Dame Social Foundations of Coaching Student. Play Like a Champion Today® believes that as coaches we are mentors and role models and our athletes look to us to:

**Set a positive example in our words and in our behaviors.**

- *We can't really expect our athletes to exercise good sportsmanship if we are screaming and yelling from the sidelines. Take the time to think about how you are coming off to others before acting and reacting to important moments in the game.*
- *Teach your athletes how to both win and lose gracefully, and how important it is to treat the other team with respect no matter what the outcome.*

This means that you should always assume that your athletes are watching you and learning from your behavior. Remember that lessons learned in sports are often carried to other aspects of our lives.

"Do as I say, not as I do" may be a common saying, but in reality, you're selling yourself short. You should want your players to look up to you and learn from you. Be a positive role model and give them something to strive for, both on and off the court.



**"The quality of a person's life is in direct proportion to their commitment to excellence regardless of their chosen field of endeavor."**

~ Vince Lombardi