



## Champion Coach Note: Letting Go

At the conclusion of any season, it is critical to take an objective look in review. Talking to your players, fellow coaches, and administrators, and revisiting your season goals are important steps in the process to conclude one season and to begin to prepare for the next. However, once that analysis has been completed, it is imperative to take some time for yourself, outside of your sport and your team. Stepping back is important to do periodically throughout the season, too, but it is essential to unplug and take a break before starting to plan for next season.

Coaching, at its core, is a profession of service and a profession of relationships. Coaches tend to be other-centered and value relationships. However, coaching responsibilities can cause some stress when trying to balance relationships and obligations with family, friends, athletes, and colleagues. The key, both during the season and at its conclusion, is to seek balance and to prioritize so that you can fulfill your responsibilities in your most important relationships. Dan Saferstein, author of *Your Coaching Legacy*, writes, "To be a leader, you need to have a heart big enough to take in all the people you are trying to lead, and also wise enough to not crowd out your loved ones" (10).

Think back to this season: Did you take time to step away from your coaching work and do something for yourself or with your family and friends? Did you regularly do something that allowed you to take your mind completely away from your coaching – to relish the company of those close to you or to have a wonderful experience on your own? Saferstein points out: "It is hard to truly give to others when you don't take proper care of yourself" (29). He also writes,



US Deputy Marshall Zach Kadish  
As we commemorate Memorial Day, we thank all those who serve our county.

"A clever person once said that the key to managing your life well was akin to juggling balls, some of which were rubber and some of which were made of glass. He said the trick was to never drop the ones made of glass. So, FYI, there are only three made of glass. Faith. Family. Friends. Don't get confused and think your work is one of those made of glass. If you do, I can almost guarantee you that your focus on your work will cause you to drop one of those balls that are really made of glass. And when your faith is broken, when your family is broken, when your relationship with your friends is broken, you are broken, whether you know it or not. And if you don't know it, that's the worst of all."

~ Jim Moroney – CEO, Dallas Morning News

Coach Reflection  
Watch this VIDEO about priorities:  
<http://www.youtube.com/watch?v=VO1EurUGFjk>

Reflect on the following questions:

1. What are your most important relationships?
2. Do you schedule time for yourself, even

"One of the keys to being a great coach – or a great anything – is learning to let go of what you're doing every day so you can return to it fresh the next morning. If you don't let go, you will grow stale and your staleness will be contagious" (20). Working longer hours, staying late, or working at home are only rarely absolutely necessary. Be careful not to overindulge in your work or to let your coaching distract you from your personal life.

A certain level of detachment or compartmentalization is important to sustain relationships that matter. Nell Wooden, wife of legendary UCLA basketball coach, John Wooden, said, "I never could tell whether John had a good practice or a bad practice, because he never brought it home." The end of the season is a perfect time to recover, to enjoy yourself, to be less serious, and to find fulfillment in other things so that you can be rested and focused to give of your best self when the season begins again. Let go. Focus on you. If you do this, you'll be better prepared, next season, to focus on others.

during the season?

3. Do you tend to overindulge in work or do you feel you have a healthy balance in your life?

This is our final coach note of the 2013-14 school year. Congratulations to all graduates. We wish you a safe summer and look forward to working together again in the fall. God bless!