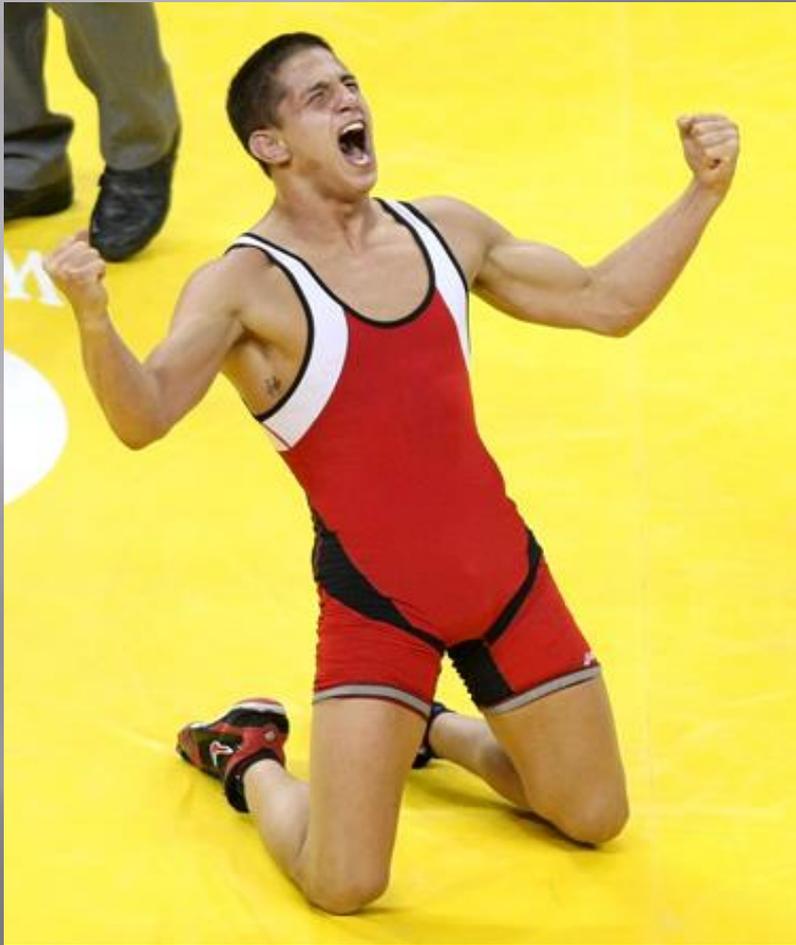


CHAMPIONSHIP MEETING

The Power of Attitude



Jake Deitchler



- ▣ 2008 Olympian
- ▣ 18 years old, high school senior (rare)
- ▣ Lost to silver and bronze medalist
- ▣ Had to retire from competitive career due to concussions

Power of Positive Attitude and hard work

- ▣ The two go hand in hand
- ▣ As a freshman in college his enthusiasm and work ethic were contagious
- ▣ Someone you wanted to spend time around
- ▣ Even after having to retire, immediately there to give back

Mirror Effect

- ▣ How often have you yawned and then noticed someone else in the room do the same?
- ▣ Our body language and attitudes are contagious.
- ▣ Do you carry one that your teammates should catch, or avoid?

Cost of negativity in the workplace

- ▣ It is estimated that negativity cost US companies \$3billion a year
- ▣ Why is it so toxic at work
 - It drags everyone down
 - Drains motivation
 - Decreases productivity
 - Wasted energy

Bad attitudes and impact on teams

- ▣ “I cant believe he would try so hard in practice”
- ▣ “He is just showing off to the coaches by working extra after practice.”
- ▣ It is much easier to bring someone else down that bring yourself up to their level
- ▣ Negative attitudes create divisions with in a team, decreasing our potential for great things.
- ▣ It is your job as a teammate to spot it, call it out and have that member fix it. If they can't fix there attitude were probably better off without them.

“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our Attitudes.”

-Charles Swindoll

Why this matters

- ▣ Can you control how good your opponent is?
- ▣ Can you control your draw at a tournament?
- ▣ Can you control how you physically feel at match time?
- ▣ What's the one thing you always have control over?

Enjoy the process

- ▣ The sooner you embrace and learn to enjoy the process, the more you will shine on and off the field
- ▣ Live for the challenge of a hard workout
 - Weights, conditioning, drills
- ▣ Look to bring out the best in yourself and others
- ▣ In doing so you will become an unselfish teammate

How do I get there

- ▣ Not all of us are programmed to be resilient and happy individuals from birth
 - Most have to work at it
 - We will all have our own style, think of the coaching staff
- ▣ Value of self improvement
 - I make the attempt day to day to be more like the Deitchlers of the world
 - Start the day with a focus and I notice the difference when I do/ do not do this