

The background features abstract, overlapping geometric shapes in various shades of purple, ranging from light lavender to deep magenta. These shapes are primarily located on the right side and bottom of the frame, creating a modern, layered effect. The central area is a clean white space where the text is placed.

Confidence

Confidence: What is it?

- ▶ True confidence provides the athlete and team with an opportunity to enter into competition feeling that they will perform well by **focusing on their own practices** and what they have **control over**, without factoring in the opponent. Knowing that they are prepared and ready for anything that may happen in competition allows athletes to recover from temporary setbacks and carry themselves with poise in all situations.
- ▶ -Bruce Brown

Why should each and every one of you have it?

- ▶ Work put in
- ▶ Technical knowledge of the sport
- ▶ Experience
- ▶ Our success as individuals and a team are growing

Confident people expect more

- ▶ We can not achieve more in life than what we believe in our hear of hearts we deserve to have. -James R Ball

- ▶ What were our expectations as a team last week
 - ▶ Were they realistic ?
 - ▶ Should we be disappointed?

- ▶ Our program expectations for this weekend
 - ▶ PAC 8 Champions...