

My one word, Quiet, is not what represents my personality or what I stand for, but what I believe everyone including myself must have in contrast to our busy lives to live happily. You could say quiet is my favorite word but not a word I would necessarily use to define myself. This is because the few moments every day that I have where I am bothered by nothing are the ones that I value most and can help me figure out what I am doing, how I am doing it, and what I need to change before I go any further. I don't meditate as often as I used to, but at least once or twice a month where I can sit down after building up to a single increasingly relaxed state, I sit and do so. In general, a difference must exist for anything to happen. In about a googol years when the universe reaches maximum entropy there will be no potential for change or action. I don't mean to make this analogous for doing absolutely nothing being ideal, but rather that separating oneself from the daily routine is valuable and that being consistently busy can do more damage than being consistently at rest. If I use up all my energy at once I won't be patient enough to reach the top of the pyramid (Maslow's hierarchy of needs). This applies to myself.

My coaching philosophy should be one that applies to both young and old, so I won't be overly specific. Think as a whole. "What are we doing?", "Let's do this in particular". As soon as you all (my team) know what you are doing you won't even have to speak.

Our (my hypothetical team's) core values:

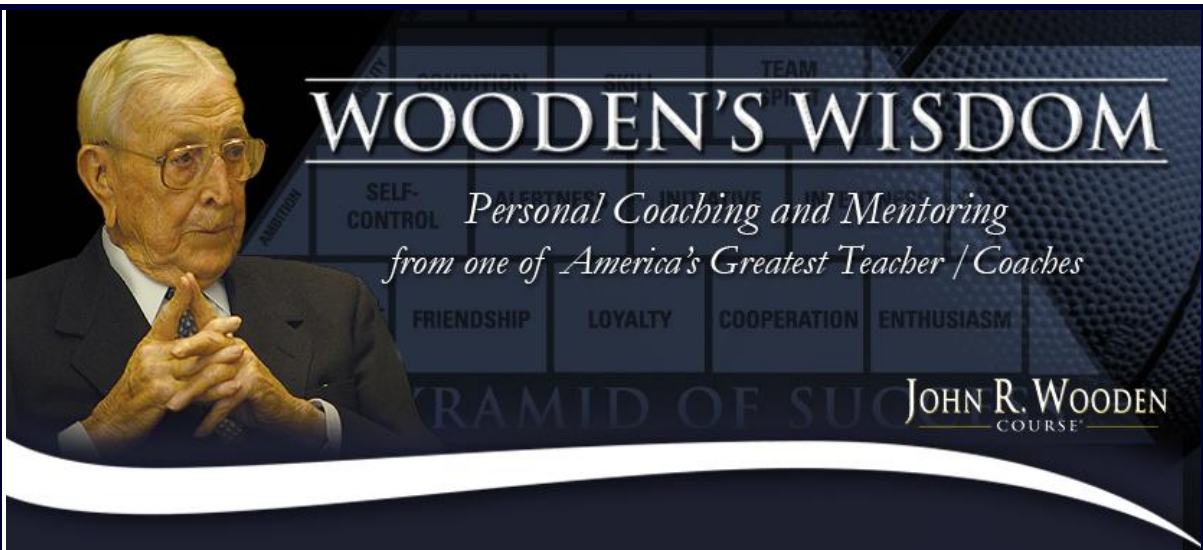
1. Don't use sets of reps, pick a number; 10, 100, 1000, and do that number of push ups or run that number of miles every day. Try to do more than everyone else.
2. It's not work, the word work makes everything stale. Do it so that you don't look like your parents when you are their age.
3. Don't be humble by just doing better than yourself. Try to be twice as good as your enemy. And if you don't have an enemy, make some. Great men are forged in fire.
4. Please keep your parents out of this team's business. It's between you and me if there's a problem.

My personal goals as a coach would be simply to keep my players doing something, anything athletic once class is done with. I would try my best never to be the coach that ruins the sport (whatever it is I'm teaching) for my new players. I would never want to be a mediocre teacher that is worse than my players. I also feel very strongly that no one should be teaching a sport who is not fully capable, and adept at, the sport they are teaching, but being proficient in the sport you play is only half of why I think only experts should be teaching kids. Being able to inspire your player by showing them right in front of their eyes what they could be if they worked at it. I remember when I started a parkour class at Accelerations Gymnastics Academy, the first person who introduced me was a 17 year old gymnast and wrestler named Jesse. 10 seconds in and he says, "watch this", immediately proceeding to run up several feet, and backflip off of the gym wall. That moment has kept me jumping around since.

The term "Scholarship" has somewhat lost its full meaning. Being promoted into college because you're an athlete seems like a dream come true. Though many professionals have simply used college sports as a way to gain fame and then drop out to play for the bigger leagues. I hope to try and do what I can to be someone my students look up to, an intellectual who happens to be an athlete, and not the other way around. I hope to help my students who are struggling with their work in some way, mostly if it's causing them to miss class or receive poor grades.

As I mentioned above, I would hope to keep my teacher-student relationship with my players a comfortable but respect-demanding one. I want my players to come to me with their problems and feel able to speak to me, but I want my players to respect their parents as their primary source of help first. In the event that they may be facing abuse at home or simply don't feel comfortable around their guardians, I will always be there for them and will not hesitate to confront their parents about any problem. Though I would try my best to keep out of business that is not mine.

My favorite of the "10 thoughts for beginning coaches" is number 6: You do not have to say yes to everything. I know plenty of people who are kind, committed people who tend to be submissive and get pushed around slightly. I've always tried to say yes as few times as possible but that is just me. Having a reputation of always being open can lead to multiple people jumping on you first for any little problem they have.



Wooden's Wisdom - Volume 3

Issue 167

Real wealth comes to those who learn that they are paid best for the things they do for nothing.

This favorite quote of Coach Wooden's reflects a theme that Coach emphasized over and over again: *You cannot live a perfect day without doing something for someone without a thought of repayment.*

The following are some other famous quotes that make the same point:

A man wrapped up in himself makes a very small bundle. - Benjamin Franklin

If you want to lift yourself up, lift up someone else. - Booker T. Washington

It is quite inspiring to note that Philanthropy (the active effort to promote human welfare) is at an all time high as we begin 2015.

People in America are giving more of their time and money to help others than at any time in our history.

As of 1960 the estimate of Americans' total giving for philanthropic purposes was approximately \$11 billion (approximately \$88 billion in today's dollars). By 2005 that figure was \$250 billion and by 2014 that figure was \$335 billion. Since 2009 giving has increased by 22%.

Here are some modern philanthropic highlights:

In 1999 Microsoft executive Bill Gates and his wife Melinda contribute three gifts totaling \$16 billion dollars to create America's largest foundation—the Bill and Melinda Gates Foundation dedicated to *teaming up with partners around the world to take on some tough challenges: extreme poverty and poor health in developing countries, and the failures of America's education system.* Their lifetime giving now totals \$30.2 billion.

In 2006 Warren Buffett announces a gift of \$43.5 billion in Berkshire Hathaway stock to a number of private foundations and charities. The largest disbursement is to the Bill & Melinda Gates Foundation (\$31 billion), making it the largest single charitable gift in history.

Mr. Buffett has now committed that his entire Berkshire Hathaway holding, upwards of \$58 billion, will be donated before or at the event

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of his death, with a further mandate that it will be put to use within ten years of the latter.

In 2012 Mark Zuckerberg (facebook) takes the position young entrepreneurs should give now not wait.

Mark Zuckerberg and his wife, Priscilla Chan, were the most generous American philanthropists in 2013, with a donation of 18 million shares of Facebook stock, valued at more than \$970 million, to a Silicon Valley nonprofit in December.

All of us can make a positive contribution as Mother Theresa said:

If you can't feed a hundred people, then feed just one.

And as Aesop pointed out remember:

No act of kindness, no matter how small, is ever wasted.-

Yours in Coaching,

Craig Impelman

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Renascence (Part Three)

Deep in the earth I rested now;
Cool is its hand upon the brow
And soft its breast beneath the head
Of one who is so gladly dead.
And all at once, and over all
The pitying rain began to fall;
I lay and heard each pattering hoof
Upon my lowly, thatched roof,
And seemed to love the sound far more
Than ever I had done before.
For rain it hath a friendly sound
To one who's six feet under ground;
And scarce the friendly voice or face:
A grave is such a quiet place.
The rain, I said, is kind to come
And speak to me in my new home.
I would I were alive again
To kiss the fingers of the rain,
To drink into my eyes the shine
Of every slanting silver line,
To catch the freshened, fragrant breeze
From drenched and dripping apple-trees.
For soon the shower will be done,
And then the broad face of the sun
Will laugh above the rain-soaked earth
Until the world with answering mirth
Shakes joyously, and each round drop
Rolls, twinkling, from its grass-blade top.
How can I bear it; buried here,
While overhead the sky grows clear
And blue again after the storm?
O, multi-colored, multiform,
Beloved beauty over me,
That I shall never, never see
Again! Spring-silver, autumn-gold,
That I shall never more behold!
Sleeping your myriad magics through,
Close-sepulchred away from you!
O God, I cried, give me new birth,
Upset each cloud's gigantic gourd
And let the heavy rain, down-poured
In one big torrent, set me free,
Washing my grave away from me!

Edna St. Vincent Millay

From: The Coaching Toolbox [mailto:info@coachingtoolbox.net]
Sent: Wednesday, February 04, 2015 6:05 AM
To: Schlosser, Robert A
Subject: Coaching Today's Players

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Bob Hurley Motion Offense

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Quote of the Day

"It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate our leadership"

Nelson Mandela

Brian Williams

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Coaching Today's Players

22 thoughts and I know that you and your staff can benefit from at least a few of the maxims on the list. [Coaching Today's Players](#)

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22 Tips for Coaching Today's Players



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This post was written by Alan Stein, www.strongerteam.com

As Notorious B.I.G. once said, 'Things done changed.'

Players today are different than they were when I was growing up... and I'm not even that old. I know *every* generation says that... but it's true.

One of the biggest changes to our society as a whole has been technology... more specifically the internet... and even more specifically... mobile smartphones and social media.

What does that have to do with basketball?

Everything.

Basketball has always been and will always be an interpersonal activity that requires human connection and communication.

Coaching is all about building quality relationships. As they say, 'it ain't about the X's and O's... it's about the Jimmy's and Joe's.'

But because of things like social media and the 'everyone gets a trophy' mentality, the Jimmy's and Joe's of 2015 are not the same as they were in 1995.

And even though we can't stop the waves... we can all learn to surf.

Here are 22 tips for coaching today's players...

1. Find out how to *truly* connect with your players. Find out what makes them tick, what motivates them and what is the best way to coach them (in front of their peers and behind closed doors).
2. Embrace social media and technology... it's not going anywhere. It's important to your players, so it needs to be important to you.
3. Learn to speak their language (I am not referring to profanity). The top 2 ways players communicate today is through text message and social media (particularly Instagram and Twitter). Learn to use those platforms.
4. Understand this: consistency breeds excellence – excellence breeds trust – trust breeds loyalty – loyalty builds a strong program. Be consistent with *everything* you do. Players won't respect you if you don't.

5. Encourage this 3-step mistake policy with your players – Admit it. Fix it. Don't repeat it! The first time it is a mistake. The second time it is a decision.
6. Coach attitude and effort before X's and O's. Without proper attitude and effort the X's and O's don't matter.
7. Clearly articulate your core values, principles and each player's role. These are non-negotiable. They make up your program's culture.
8. Players want to know the *why* behind everything. So tell them! Explain *why* you do what you do, *why* you believe what you believe, and *why* you expect ABC from them. The higher the perceived relevance, the higher the buy-in. And at the end of the day, a coach's #1 job is to get buy-in from every member of the program.
9. Social media has created an abundance of superficial 'friends' – make sure your players know you truly care about *them* (on and off the court). That you have their back.
10. Don't try to be 'friends' with your players. If you are too close to them personally you can't hold them accountable. You should be a role model, a teacher and a mentor... but not a buddy.
11. Players all learn differently. Make sure you can effectively teach each type of learner (audio, visual, intrapersonal).
12. Players want to show their individuality (shoes, haircuts and especially with pre-game starting line-up announcement antics and routines). Don't fight it. Have some leniency within your program rules. Respectfully, today's idols and role models (LeBron, Melo, etc.) are a lot different than MJ and Bird.
13. Create a climate and culture that values people over productivity. Your players must know you care about them as a human being first and a player second.
14. If you want to know if you are a good coach...ask your *worst* player.
15. You're either coaching it or you are allowing it to happen. You either accept it or correct it.
16. Replace 'but' with 'now' when instructing a player. For example, "I like your release, now try to get your elbow over your knee." This minor change will make a huge impact.
17. Focus on what your players can be... not what they are.
18. Science shows that most people have a pretty firm definition of what is right and wrong by age 13. Hold them accountable. Ignorance is not an excuse. However, learn to choose your battles. Kids will be kids. If a player posts something stupid on social media... don't condemn them for life. Use it to teach a life lesson. Hold them accountable, but use it to teach.
19. Players actually *want* It shows them that you care and are invested in their success.
20. Most of the players today have grown up in the 'trophy generation' – which has created an immense sense of entitlement. Players need to learn another 'E' word... *earn*. Create a system where players have to *earn*
21. Players today want to play immediately. They don't understand the concept of 'right of passage.' Freshman want to play varsity. Young players want to play serious minutes. Learn to channel this desire but keep them focused on the process and the long term.
22. One of the biggest changes between the players of 1995 and 2015 is with the parents. Parents are much more involved and much more vocal (especially on social media). Parents can be a tremendous support system... or they can be a total thorn. I'm honored to be in the coaching fraternity.

Alan Stein

Hardwood Hustle Blog
<http://www.About.me/AlanStein>



Blinded by Narcissism

Sports today often breeds narcissism.

Inflated egos. Entitlement. Fragile self-esteem. Grandiosity.

A name on a jersey's back means more than the one on the front.

With so much focus on individual success in sports, there is an alarming decline in respect for the team, especially for coaches.

We're instilling values into kids today that diminish delayed gratification, teamwork, and sportsmanship. Narcissism creeps in.

Narcissism has a very dangerous characteristic: it blinds you to it.

Most people with narcissism don't feel that they have it.

Like a horse with blinders on, they can't see the whole picture.

If you are frustrated in sports, perhaps it is because you are blinded by your own narcissism. Try taking the blinders off.

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JOHN R. WOODEN
COURSE

Wooden's Wisdom - Volume 3

Issue 169

Part Two: The future may be when you wish you had done what you are not doing now.

There have been many articles written where older people are interviewed and talk about what regrets they have about the way they did things when they were younger.

This advice is passed along to younger people with the hope that they will live a happier more productive life now rather than later.

As a result of my research I compiled eight areas of life people most commonly had regrets about.

Then using the Pyramid of Success I put together some advice from Coach Wooden on these most common areas of regret. Last week we discussed the first area of regret, *wasting time*, this week we will discuss the next four:

2. I regret not pursuing a career that I was passionate about sooner.

One of the cornerstones of Coach's Pyramid of Success is Enthusiasm. Coach's advice is simple: to attain peace of mind *you must truly enjoy what you are doing*.

Coach had some very direct advice on this topic: *Complaining, whining, and making excuses just keeps you out of the present. If your complaints are constant, serious, and genuine about your calling, then leave when practical. If you lack Enthusiasm for your job, get out or at least recognize that you will never perform at your highest level.*

3. I wish I had spent more time with my family and friends.

A foundational quality of Coach's Pyramid is Friendship. As Coach liked to say: *Do not get so concerned with making a living that you forget to make a life.*

4. I wish I had not worried so much about what other people thought about me.

Coach's advice on this topic requires another Pyramid block: Self Control. Coach put it this way:

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*Be more concerned with your character than with your reputation.
Character is what you really are. Reputation is what people say you are.
Character is more important.*

Never try to be better than someone else. But always be learning from others. Never cease trying to be the best you can be. One is under your control the other isn't.

5. I wish I had learned earlier in life to let go of the past, mistakes and resentment.

Once again Coach advises us on the need for Self Control:

A mistake is valuable if you do four things with it: recognize it, admit it, learn from it, forget it.

The more concerned we become over the things we can't control, the less we will do with the things we can control.

Don't let yesterday take up too much of today.

Yours in Coaching,

Craig Impelman

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To a Waterfowl

Whither, 'midst falling dew,
While glow the heavens with the last steps of day,
Far, through their rosy depths, dost thou pursue
Thy solitary way?

Vainly the fowler's eye
Might mark thy distant flight to do thee wrong,
As, darkly painted on the crimson sky,
Thy figure floats along.

Seek'st thou the plashy brink
Of weedy lake, or marge of river wide,
Or where the rocking billows rise and sink
On the chafed ocean side?

There is a Power whose care
Teaches thy way along that pathless coast,—
The desert and illimitable air,—
Lone wandering, but not lost.

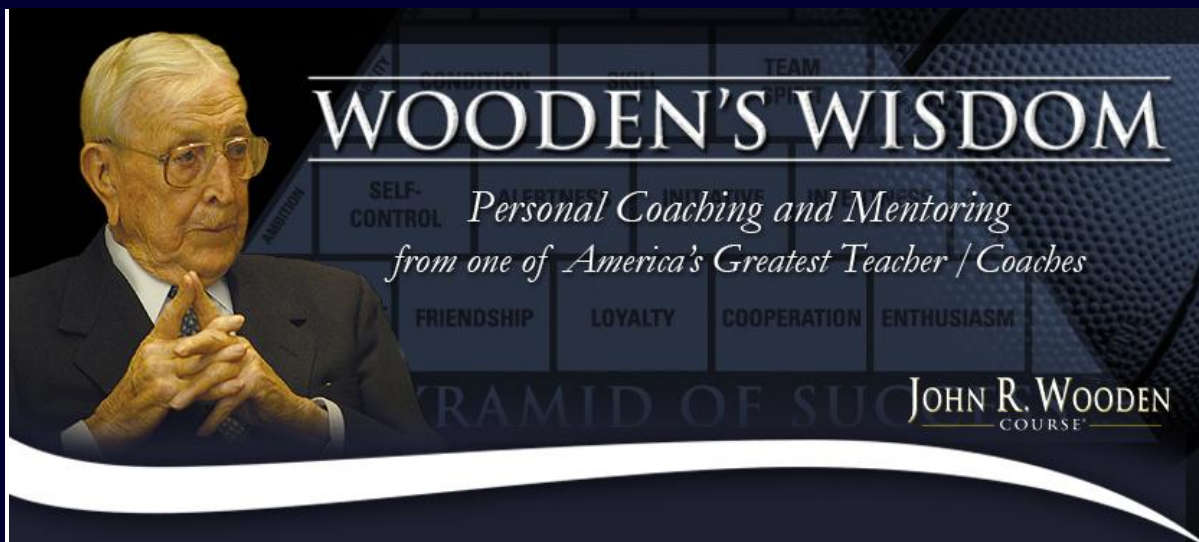
All day thy wings have fanned
At that far height, the cold thin atmosphere:
Yet stoop not, weary, to the welcome land,
Though the dark night is near.

And soon that toil shall end,
Soon shalt thou find a summer home, and rest,
And scream among thy fellows; reeds shall bend
Soon o'er thy sheltered nest.

Thou'rt gone, the abyss of heaven
Hath swallowed up thy form; yet, on my heart
Deeply hath sunk the lesson thou hast given,
And shall not soon depart.

He, who, from zone to zone,
Guides through the boundless sky thy certain flight,
In the long way that I must tread alone,
Will lead my steps aright.

William Cullen Bryant



Part Three: The future may be when you wish you had done what you are not doing now.

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6. I regret not taking more chances because I was afraid of failing and did not want to deal with change.

One of the blocks of Coach's Pyramid of Success is Initiative. Coach's advice is simple: *to attain peace of mind you must cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it.*

Coach had three key ideas regarding taking action and not being afraid to make mistakes:

The people who don't make mistakes are the people who don't do anything.

Don't permit fear of failure to prevent effort. We are all imperfect and will fail on occasions, but fear of failure is the greatest failure of all.

The person who is afraid to risk failure seldom has to face success. The only real failure is the failure to act when action is required.

In today's constantly evolving technology we must embrace change not avoid it. As Coach liked to say:

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All change may not be progress, but all progress is the result of change.

7. I regret having given up on so many things at the first hurdle.

A key quality on Coach's Pyramid is Intentness. As Coach liked to say: *Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent.*

When we are faced with a road block the key is to try different ways around it. Albert Einstein defined insanity as follows: *Insanity: doing the same thing over and over again and expecting different results.*

Coach described the value of a never give up attitude this way: *Self-satisfaction will come from the knowledge that you left no stone unturned in an effort to accomplish everything possible under the circumstances.*

8. I wish I had saved more money.

Coach lived very modestly because he recognized that more material things would not necessarily make him happier. He received his greatest joy from helping others.

A good rule is to keep your upgrade in life style two steps behind your pay raises.

Consistent saving when you are young will help your peace of mind when you are older. Make it a priority!

Yours in Coaching,

Craig Impelman

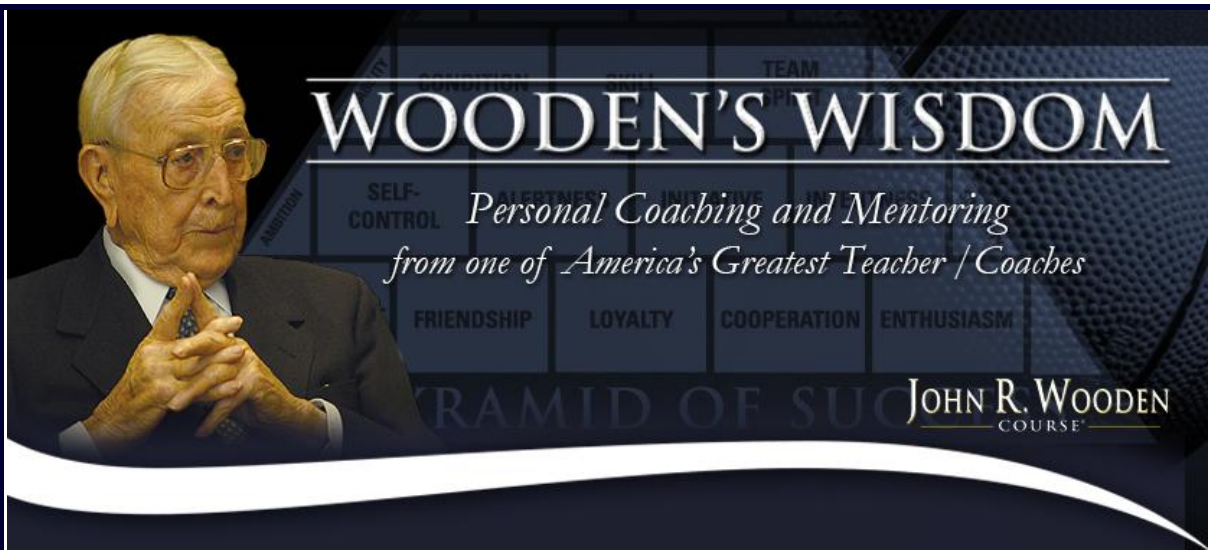
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Sonnet: On his blindness

When I consider how my light is spent,
Ere half my days, in this dark world and wide,
And that one talent which is death to hide,
Lodged with me useless, though my soul more bent
To serve therewith my maker, and present
My true account, lest he returning chide,
Doth God exact day-labour, light denied?
I fondly ask; but Patience to prevent
That murmur, soon replies, God doth not need
Either man's work or his own gifts, who best
Bear his mild yoke, they serve him best, his state
Is kingly. Thousands at his bidding speed
And post o'er land and ocean without rest:
They also serve who only stand and wait.

John Milton



Wooden's Wisdom - Volume 3

Issue 171

The greatest conquest of man is the conquering of himself.

Gautama Buddha (500 BC) expanded on this favorite idea of Coach Wooden's as follows:

Greater in battle than the man who would conquer a thousand-thousand men, is he who would conquer just one —himself. Better to conquer yourself than others.

When you've trained yourself, living in constant self-control, neither a deva nor gandhabba, nor a Mara banded with Brahmas, could turn that triumph back into defeat.

Sometimes when we are not getting the results we want; we may blame others instead of understanding we are holding ourselves back.

This is a lesson Coach Wooden learned from his grade school coach and later passed on to his players.

In his book with Steve Jamison *My Personal Best* Coach Wooden described it this way:

Coach Warriner at Centerton Grade School taught me that arrogance, selfishness, and envy are unacceptable in a player. This was my introduction to the concept of team spirit - the absolute necessity for an individual to put the group's welfare ahead of his or her interests (such as an interest in shooting all the time). Like Mr. Warriner, I used the power of the bench on fellows who were slow learners-just as he used it on me. I wanted everyone, starters and non-starters alike, to understand that "the star of the team is the team."

As a sophomore in 1969, Sidney Wicks could've been a starting forward for virtually any school in the country. But he was not the starter at UCLA, because he was having difficulty with my concept of team play.

He was too concentrated on having the ball and shooting before he'd look for the pass. This is damaging because, among other reasons, teammates soon stop working to get open for shot, as they know they won't the ball. It then becomes every man for himself, and the team is destroyed. Thus Sidney wasn't a starter.

He would say to me, "C'mon coach, you know I'm better than either starting forward." I'd nod and reply, "I know it, you know it, and they know it. So it's a shame they're going to remain starters until you get

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the hang of playing as part of the team."

Sidney did get the hang of it by his junior year and became the best all-around forward in the country for the next two seasons, an All-American both years, and a crucial part of two national championship teams in 1970 and 1971. The bench, in my opinion, helped make this possible.

Sidney Wicks was the second player taken in the 1971 NBA draft, the 1972 NBA Rookie of the year and a four time NBA All Star selection.

A non starter at UCLA as a sophomore Sidney then conquered himself and the rest is history.

Yours in Coaching,

Craig Impelman

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MAUD MULLER Part One)

MAUD MULLER, on a summer's day,
Raked the meadows sweet with hay.

Beneath her torn hat glowed the wealth
Of simple beauty and rustic health.

Singing, she wrought, and her merry glee
The mock-bird echoed from his tree.

But, when she glanced to the far-off town,
White from its hill-slope looking down,

The sweet song died, and a vague unrest
And a nameless longing filled her breast--

A wish, that she hardly dared to own,
For something better than she had known.

The Judge rode slowly down the lane,
Smoothing his horse's chestnut mane.

He drew his bridle in the shade
Of the apple-trees, to greet the maid,

And ask a draught from the spring that flowed
Through the meadow across the road.

She stooped where the cool spring bubbled up,
And filled for him her small tin cup,

And blushed as she gave it, looking down
On her feet so bare, and her tattered gown.

"Thanks!" said the Judge, "a sweeter draught
From a fairer hand was never quaffed."

He spoke of the grass and flowers and trees,
Of the singing birds and the humming bees;

Then talked of the haying, and wondered whether
The cloud in the west would bring foul weather.

And Maud forgot her briar-torn gown,
And her graceful ankles bare and brown;

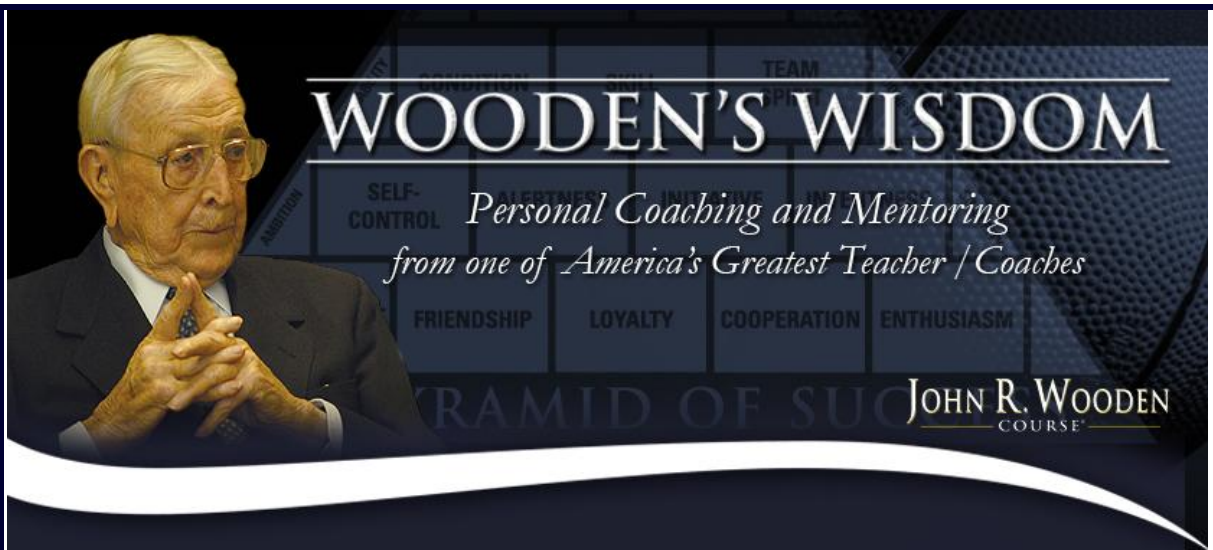
And listened, while a pleasant surprise
Looked from her long-lashed hazel eyes.

At last, like one who for delay
Seeks a vain excuse, he rode away,

Maud Muller looked and sighed: "Ah, me!
That I the Judge's bride might be!

"He would dress me up in silks so fine,
And praise and toast me at his wine.

John Greenleaf Whittier



Wooden's Wisdom - Volume 3

Issue 172

There are no hopeless situations; there are only people who have grown hopeless about them.

This favorite idea of Coach Wooden's is attributed to Clare Boothe Luce (1903-1987); the first American woman appointed to a major ambassadorial post abroad.

History provides us with numerous examples of seemingly hopeless situations that resulted in great triumphs.

Steve Jobs was fired from his own company; Nelson Mandela spent 27 years in prison; and Abraham Lincoln failed in business, had a nervous breakdown, and was defeated in eight elections.

Upon graduation from college in 1900 Albert Einstein could not obtain a teaching position anywhere. In 1902 he finally got a full-time job in a Swiss patent office. It was not until 1909 that he was able to land a full time teaching position. In 1921 he received the Nobel Prize for research that he had done in 1905.

It took Howard Schultz a year to convince a small coffee bean shop in Seattle named Starbucks to hire him. He left the company in 1982 because they refused to move forward with his idea of serving coffee in their coffee bean stores. They did not want to get in the restaurant business. Frustrated, Schultz quit and started his own coffee-bar business, called Il Giornale. It was successful, and a year later Schultz bought Starbucks for \$3.8 million.

I find the less publicized stories equally inspiring.

Bethany Hamilton was just 13 years old when her left arm got bitten off by a shark while surfing. After a month of medical operations, she returned to the sport, learning how to surf with one arm and a customized board, and hasn't stopped since.

Dawn Loggins, a former school janitor and straight-A student at her high school in North Carolina, was homeless her senior year after being abandoned by her drug-abusing parents. Not one to let her situation limit her, she applied to and was offered a full scholarship from Harvard.

Kyle Maynard, born with a condition known as congenital amputation, is the first quadruple amputee to successfully ascend Mount Kilimanjaro without any prosthetics. He made this happen by taping pieces of bicycle tire to the ends of his limbs to protect him as

COACH SPEAKS ON THE SUBJECT



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APPLICATION EXERCISE



COACH'S
FAVORITE POETRY
AND PROSE

he scaled the mountain.

In 1925 Joshua Wooden lost his farm. He moved his family to the small Indiana town of Martinsville where he was able to get a job as a masseuse at the Home Lawn Sanitarium, a local health spa.

The Seven Point Creed and Two Sets of Three that Joshua Wooden taught his son John became the foundation that the greatest coach in the history of American sports used to positively influence millions of people all over the world.

The secret to turning a seemingly hopeless situation into a triumph is simple. Joshua Wooden put it this way:

Don't whine, don't complain, don't make excuses. Just do the best you can. Nobody can do more than that.

Yours in Coaching,

Craig Impelman

www.woodencourse.com

Twitter: @woodenswisdom

MAUD MULLER (Part Two)

"My father should wear a broadcloth coat;
My brother should sail a painted boat.

"I'd dress my mother so grand and gay,
And the baby should have a new toy each day.

"And I'd feed the hungry and clothe the poor,
And all should bless me who left our door."

The Judge looked back as he climbed the hill,
And saw Maud Muller standing still.

"A form more fair, a face more sweet,
Ne'er hath it been my lot to meet.

"And her modest answer and graceful air
Show her wise and good as she is fair.

"Would she were mine, and I to-day,
Like her, a harvester of hay:

"No doubtful balance of rights and wrongs,
Nor weary lawyers with endless tongues,

"But low of cattle, and song of birds,
And health, and quiet, and loving words."

But he thought of his sisters, proud and cold,
And his mother, vain of her rank and gold.

So, closing his heart, the Judge rode on,
And Maud was left in the field alone.

But the lawyers smiled that afternoon,
When he hummed in court an old love-tune;

And the young girl mused beside the well,
Till the rain on the unraked clover fell.

He wedded a wife of richest dower,
Who lived for fashion, as he for power.

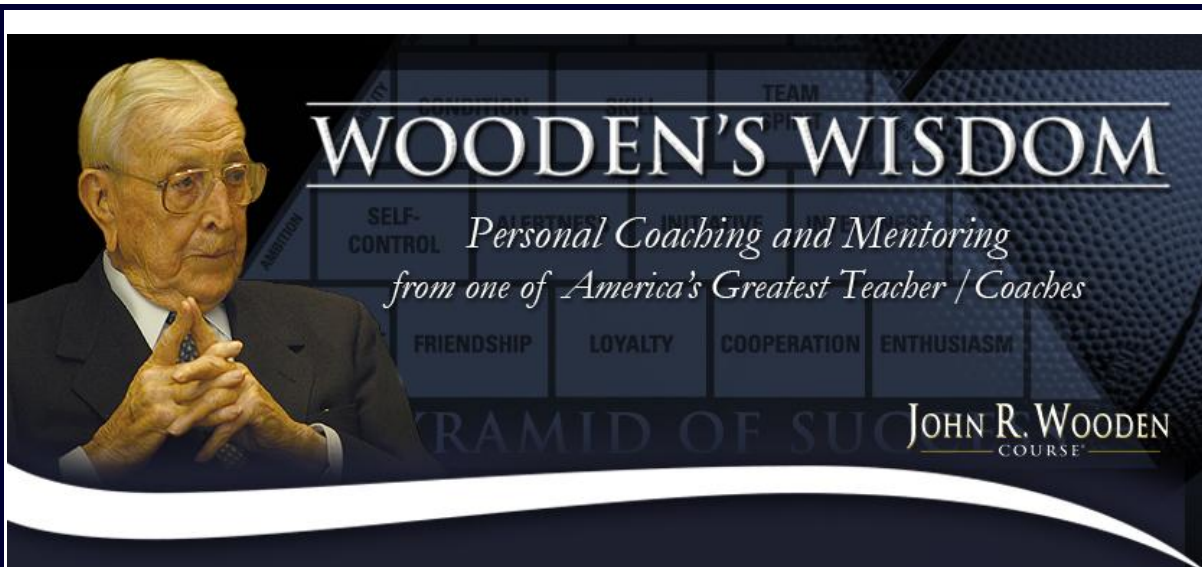
Yet oft, in his marble hearth's bright glow,
He watched a picture come and go:

And sweet Maud Muller's hazel eyes
Looked out in their innocent surprise.

Oft when the wine in his glass was red,
He longed for the wayside well instead;

And closed his eyes on his garnished rooms,
To dream of meadows and clover-blooms.

John Greenleaf Whittier



Wooden's Wisdom - Volume 3

Issue 173

We can do more good by being good than any other way.

This favorite quote of Coach Wooden's on its surface may seem to present a difficult challenge: How can we on a daily basis live a life that represents being good and thus having a positive influence on others.

In his book *A Game Plan for Life* with Don Yeager Coach Wooden explains how easy it is to be good:

There are things I learned from watching my father that I purposely tried to copy in my own life. But other things I found were just kind of absorbed and became a part of my thinking and reactions without my really thinking about them.

I admired my father's refusal to speak badly about others, but I don't think I necessarily set out to make that a rule for myself. I imagine I considered that to be too lofty a goal. Yet as time went on, I found it was a practice that had etched itself onto my soul so that if I ever slipped up on that matter, I felt pain rather than satisfaction

In December 2008, the British Medical Journal published a study that confirmed what many of us have known for a long time: happiness actually spreads through social interactions and connections.

In other words, you are directly affected by the behavior of those around you, and your example can influence the attitude and behavior of others.

And I don't think the link has to be as direct as close friends and family, either. Think about all of the complex networks we engage in every day, from the people we see at the store to the customer service agent we talked to on the phone. A smile for the busy waitress, an encouraging word to the stressed out mother with a screaming toddler, patience with the technical support person as he/she tries to answer your question-any of these can make a difference in that person's day.

And if the person behind you in line sees you act kindly towards the cashier, he or she will be more inclined to do the same. It was wonderful to see the phenomenon of contagious happiness confirmed by science, but I already knew it was true. I'd seen my father's influence and felt it myself.

COACH SPEAKS ON THE SUBJECT



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COACH'S

FAVORITE POETRY

AND PROSE

So all of us have many opportunities every day to live up to Coach Wooden's idea that: *We can do more good by being good than any other way.*

Let's just leave the house every morning determined to see how many people we can cheer up!

Yours in Coaching,

Craig Impelman

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MAUD MULLER
(Part Three)

And the proud man sighed, with a secret pain,
"Ah, that I were free again!

"Free as when I rode that day,
Where the barefoot maiden raked her hay."

She wedded a man unlearned and poor,
And many children played round her door.

But care and sorrow, and child-birth pain,
Left their traces on heart and brain.

And oft, when the summer sun shone hot
On the new-mown hay in the meadow lot,

And she heard the little spring brook fall
Over the roadside, through the wall,

In the shade of the apple-tree again
She saw a rider draw his rein,

And, gazing down with timid grace,
She felt his pleased eyes read her face.

Sometimes her narrow kitchen walls
Stretched away into stately halls;

The weary wheel to a spinnet turned,
The tallow candle an astral burned;

And for him who sat by the chimney lug,
Dozing and grumbling o'er pipe and mug,

A manly form at her side she saw,
And joy was duty and love was law.

Then she took up her burden of life again,
Saying only, "It might have been."

Alas for maiden, alas for Judge,
For rich repiner and household drudge!

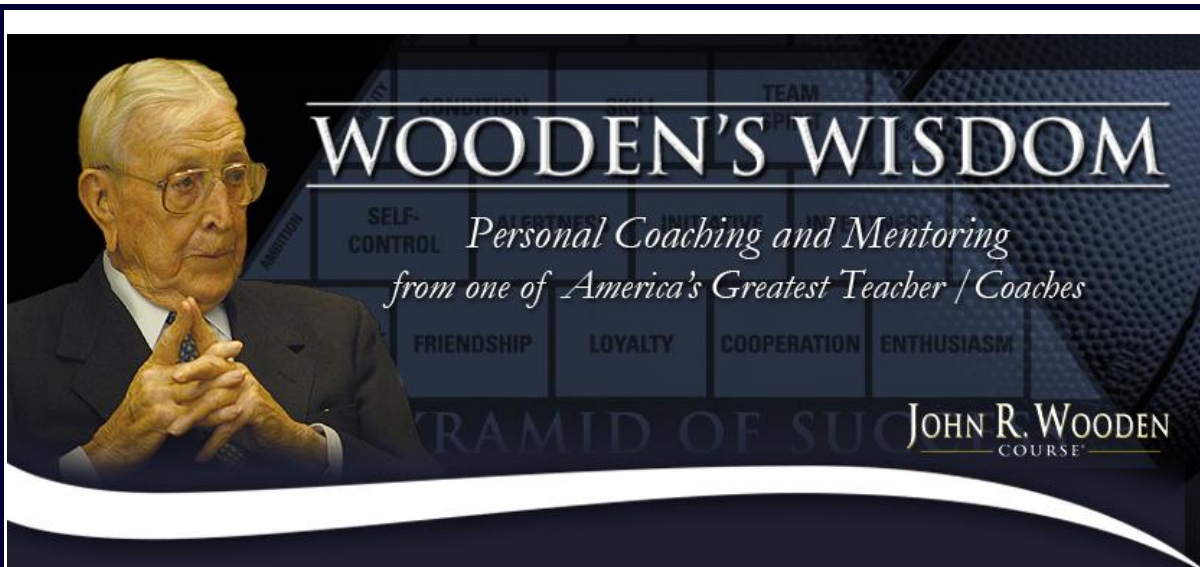
God pity them both! and pity us all,
Who vainly the dreams of youth recall;

For of all sad words of tongue or pen,
The saddest are these: "It might have been!"

Ah, well! for us all some sweet hope lies
Deeply buried from human eyes;

And, in the hereafter, angels may
Roll the stone from its grave away!

John Greenleaf Whittier



Wooden's Wisdom - Volume 3

Issue 174

You can give without loving, but you cannot love without giving.

Coach Wooden's message to the players at the beginning of each UCLA season was as follows:

"I will not like you all the same, but I will love you all the same. Furthermore, I will try very hard not to let my feelings interfere with my judgment of your performance. You will receive the treatment you earn and deserve."

In his book *Wooden on Leadership* with Steve Jamison Coach Wooden expanded on the importance of a leader truly having love for those under his/her supervision:

A leader in sports, business, or any other field of endeavor should possess and provide the same qualities inherent in a good parent: character, consistency, dependability, accountability, knowledge, good judgment, selflessness, respect, courage, discipline, fairness, and structure.

And while all of these will make you a good leader, they will not make you a great leader. For that, one additional quality-perhaps the most important of all-is necessary. Although it may sound out of place in the rough-and-tumble context of sports or corporate competition I believe you must have love in your heart for the people under your leadership.

Nobody cares how much you know until they know how much you care. The individuals on our UCLA teams became true members of my extended family. It's vital to let those you lead know you care.

Love is so important because it moves you to do the right things in all areas of life, including leadership. What is love? Let me offer the following definition:

Love is patient; love is kind. It is not jealous; it is not pompous; it is not inflated; it is not rude; it does not seek its own interest; it is not quick-tempered; it does not brood over injury; it does not rejoice over wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

These are qualities we can all use when we interact with others and as a result give them love.

COACH SPEAKS ON THE SUBJECT



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APPLICATION EXERCISE



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COACH'S
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Yours in Coaching,

Craig Impelman

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Sonnet: On his blindness

When I consider how my light is spent,
Ere half my days, in this dark world and wide,
And that one talent which is death to hide,
Lodged with me useless, though my soul more bent
To serve therewith my maker, and present
My true account, lest he returning chide,
Doth God exact day-labour, light denied?
I fondly ask; but Patience to prevent
That murmur, soon replies, God doth not need
Either man's work or his own gifts, who best
Bear his mild yoke, they serve him best, his state
Is kingly. Thousands at his bidding speed
And post o'er land and ocean without rest:
They also serve who only stand and wait.

John Milton



MIND OF THE ATHLETE™

“CLEARER MIND, BETTER PERFORMANCE”

86,400 seconds

Time. It is the one thing that most people wish they had more of.

Busyness is driving our wish for more time.

Yet, getting more time would likely just breed more busyness.

86,400 seconds per day -- that is what we get. No more.

What we need more of is discernment.

Discernment: making careful distinctions in our thinking about life

Fight back against busyness with greater discernment.

Gravitate to what makes you feel alive, energized, and significant.

Family dinners. Date nights. Relax. Exercise. Love. Sleep.

Much of our time is spent on things we don't really value most.

Make a shift today. Discern what matters most.

Spend those precious *86,400 seconds* wisely.

Recent blogs

[Every Hero Needs a Villain](#)

[Best 2014 Sports Psych Wisdom](#)

[Do Less in 2015](#)



Dr. Jarrod Spencer

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From: Schlosser, Robert A

Sent: Wednesday, March 25, 2015 11:52 AM

To: Brown, Amber B; Fuller, Anthony J; Schoenbeck, Bailey; Rogers, Briana M; Baldwin, Bryan J; Meier, Casey; Quinto, Casey U; Adams, Charles B; Smith, Colby C; Rhubright, Emilee R; Martin, Emily L; Riefenstahl, Erik A; Ferro, Erika J; Hathaway, Evan J; Zimmer, Ezekiel A; Rossi, Gabriella K; Waters, James L; Holbert, John A; Johnson, Alexander; Bayona, Joseph L; Wunderlich, Joseph J; Kwak, Joshua T; Wheeler, Joshua W; Rittenbaugh, Kody M; Davis, Kristopher J; Fowler, Kyle D; Chu, Linh H; Klock, Logan D; Lukacsy, Brian C; Gatti, Luke J; Lane, Matthew A; Cameron, Melissa L; Twist, Michael; Strosser, Michael; Richardson, Nancy E; Gondek, Quinn J; Rios, Ramon R; Jones, Selene S; Deisher, Tara J; Letnaunchyn, Taras J; Santor, Taylor M; Keefer, Tucker A; Warner, Tyler; Wenger, E. Philip; Schlosser, William E; Lee, Zachary

Subject: Two Minutes

1. It takes **two minutes** to learn a new move or skill.
2. It takes **two weeks** to work on it daily until you develop confidence in it.
3. It takes **two months** of constant work to be competent enough to use it in a game.

Bob Schlosser

Head Men's Basketball Coach / Associate Director of Athletics

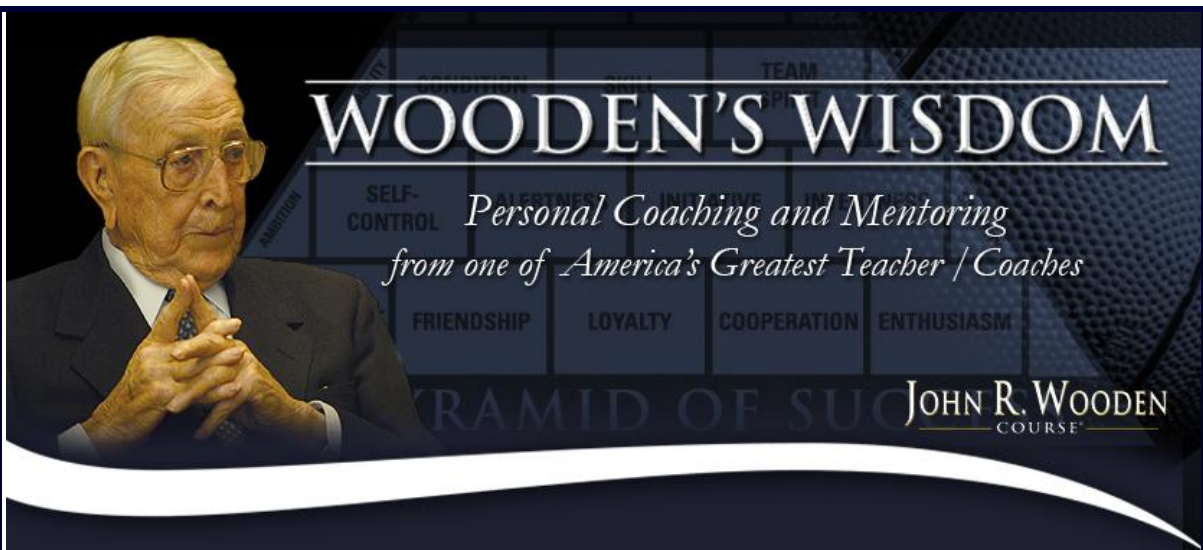
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Wooden's Wisdom - Volume 3

Issue 175

You have success within; it is up to you to bring it out.

This favorite idea of Coach Wooden's always reminds me of my favorite Zig Ziglar quote: *God don't make no junk.*

Coach Wooden in his book *Coach Wooden's Leadership Game Plan for Success* with Steve Jamison commented on fundamental qualities that are required to bring out the success within ourselves:

Don't measure yourself by what you've accomplished, but by what you should have accomplished with your abilities. Measure your success on the basis of how close you got to realizing your full potential.

1. *You can't make up for poor effort today by working harder tomorrow. If you can work "twice as hard" tomorrow, it means you've been holding something back, not giving 100 percent today.*
2. *If you're not making mistakes, you're not doing anything. The doer makes mistakes. However, be sure your mistakes are not the result of poor preparation or sloppy execution.*
3. *You are not a failure until you start blaming others for your mistakes. Time spent complaining is time wasted. The moment you seek to set responsibility on the doorstep of another, you have deluded yourself. Self-delusion is self-destruction.*
4. *Do not be vulnerable to praise or criticism from outsiders. Your strength of consistency depends on how you let praise and criticism affect you. Some of it will be deserved and some of it will be undeserved. Either way, don't get caught up in the opinions of others. When you are honest in your self-analysis, your opinion should count the most.*
5. *Things turn out best for those who make the best of the way things turn out. The ancient proverb says, "Crisis presents opportunity." It is the opportunity to dig deeper and rise higher; to get stronger and be smarter; to find a better way, a different path. Adversity offers the opportunity, but you must recognize it.*

It takes a lot of hard work and persistence to bring out the success within ourselves but as Coach liked to say: *Goals achieved with little effort are seldom worthwhile or long-lasting.*

COACH SPEAKS ON THE SUBJECT



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Concord Hymn

By the rude bridge that arched the flood,
Their flag to April's breeze unfurled,
Here once the embattled farmers stood,
And fired the shot heard round the world.

The foe long since in silence slept;
Alike the conqueror silent sleeps;
And Time the ruined bridge has swept
Down the dark stream which seaward creeps.

On this green bank, by this soft stream,
We set to-day a votive stone;
That memory may their deed redeem,
When, like our sires, our sons are gone.

Spirit, that made those heroes dare
To die, and leave their children free,
Bid Time and Nature gently spare
The shaft we raise to them and thee

Ralph Waldo Emerson

For more information, visit www.WoodenCourse.com

From: Schlosser, Robert A

Sent: Monday, March 23, 2015 6:20 PM

To: Brown, Amber B; Fuller, Anthony J; Schoenbeck, Bailey; Rogers, Briana M; Baldwin, Bryan J; Meier, Casey; Quinto, Casey U; Adams, Charles B; Smith, Colby C; Rhubright, Emilee R; Martin, Emily L; Riefenstahl, Erik A; Ferro, Erika J; Hathaway, Evan J; Zimmer, Ezekiel A; Rossi, Gabriella K; Waters, James L; Holbert, John A; Johnson, Alexander; Bayona, Joseph L; Wunderlich, Joseph J; Kwak, Joshua T; Wheeler, Joshua W; Rittenbaugh, Kody M; Davis, Kristopher J; Fowler, Kyle D; Chu, Linh H; Klock, Logan D; Lukacsy, Brian C; Gatti, Luke J; Lane, Matthew A; Cameron, Melissa L; Twist, Michael; Strosser, Michael; Richardson, Nancy E; Gondek, Quinn J; Rios, Ramon R; Jones, Selene S; Deisher, Tara J; Letnaunchyn, Taras J; Santor, Taylor M; Keefer, Tucker A; Warner, Tyler; Wenger, E. Philip; Schlosser, William E; Lee, Zachary

Subject: this week

Hi Everyone, I would encourage you to “track” your hours of sleep for the next few days! Also, Drink more water! 😊

Bob Schlosser

Head Men's Basketball Coach / Associate Director of Athletics

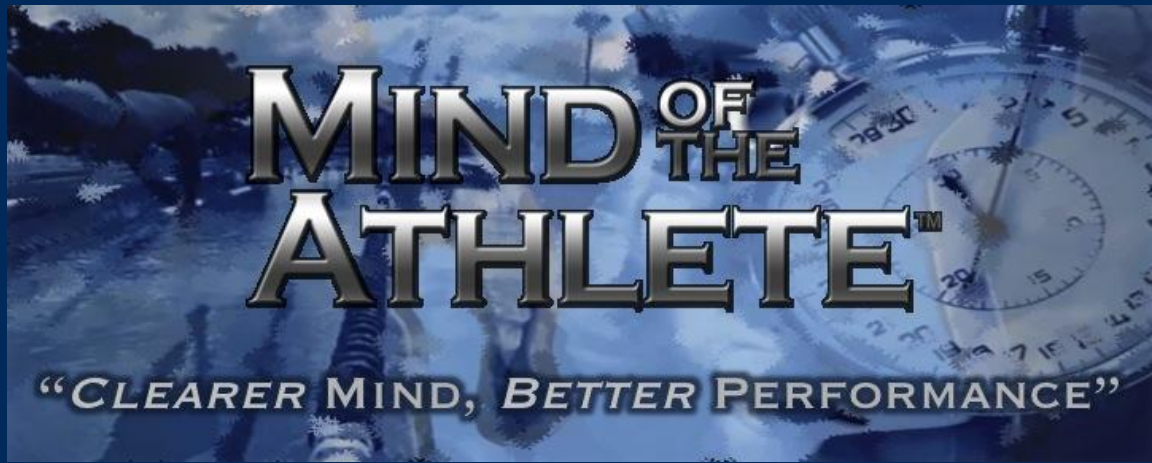
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Contributionship

Stop whining about playing time.

And please, don't go sour just because you aren't the star player!

If you are on a team, find a way to contribute to the mission.

There are things that you can do that create a positive culture.

Cheer from the sidelines. Get water bottles. Pick up balls after a practice. Organize a social gathering. Lift harder. Study. Hustle.

Contributionship matters.

Sports are a training ground for skills needed to thrive in life.

One of the most valuable skill is a positive attitude.

Humility. Selflessness. Encouragement. Effort. Service.

We will spot your attitude by observing your behaviors.

Contributionship matters...both now and later in life.

Recent Blogs:

[It's More Important to be...](#)

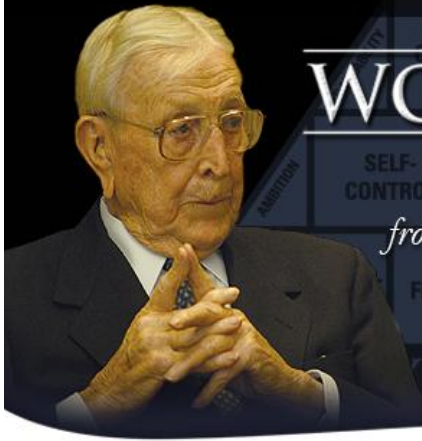
[Athletes' 5 Biggest Sports Psych Issues](#)

[You Matter](#)



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Pyramid of Success JOHN R. WOODEN
COURSE

Wooden's Wisdom - Volume 3

Issue 177

A philosopher is a person who meets all events, whether favorable or unfavorable, with calmness and composure.

Coach Wooden introduced his Coaching Philosophy in his book *Practical Modern Basketball* by talking about the necessity for a successful coach to be a philosopher:

Webster tells us that, among other things, a philosopher is a person who meets all events, whether favorable or unfavorable, with calmness and composure.

In his book *Coach Wooden's Leadership Game Plan for Success* with Steve Jamison Coach expanded on how he applied this idea of being a philosopher to his approach towards his conduct during games:

Some observers described me as being detached, almost stoic, on the bench during games. This could hardly be further from the truth, but it was a compliment nevertheless.

Emotionalism—ups and downs in moods, temperamental outbursts—is almost always counterproductive, at times ruinous. I came to understand that if my own behavior was filled with outbursts, peaks and valleys of emotion and moods, I was sanctioning it for others.

As the leader, my own behavior set the bounds of acceptability. Subsequently, I became much more vigilant in controlling my feelings and behavior. My message to those I led was simple: "If you let your emotions take control, you have lost control. You are vulnerable." For those under my supervision to learn the lesson, however, I had to control my own behavior and emotions.

Subsequently, I never second-guessed myself for decisions and actions that didn't work out if they were made using my best judgment and all available information. It may have been a mistake, but it was not an error. It becomes an error, however, when the choice was made because emotions spilled over and diminished the quality of my decision making.

Early in my career the errors were common; there were fewer as my emotional control became more disciplined. A leader defined by intensity is a stronger leader. A leader ruled by emotions is weak, the team vulnerable.

COACH SPEAKS ON THE SUBJECT



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Living as a philosopher is a difficult challenge. But as Coach liked to say: *Goals achieved with little effort are seldom worthwhile or lasting.*

Yours in Coaching,

Craig Impelman

www.woodencourse.com

Twitter: @woodenswisdom

Home (Part Two)

Ye've got t' weep t' make it home, ye've got t' sit an' sigh
An' watch beside a loved one's bed, an' know that Death is
nigh;

An' in the stillness o' the night t' see Death's angel come,
An' close the eyes o' her that smiled, an' leave her sweet voice
dumb.

Fer these are scenes that grip the heart, an' when yer tears are
dried,

Ye find the home is dearer than it was, an' sanctified;

An' tuggin' at ye always are the pleasant memories
o' her that was an' is no more—ye can't escape from these.
Ye've got t' sing an' dance fer years, ye've got t' romp an' play,

An' learn t' love the things ye have by usin' 'em each day;
Even the roses 'round the porch must blossom year by year

Afore they 'come a part o' ye, suggestin' someone dear

Who used t' love 'em long ago, an' trained 'em jes t' run

The way they do, so's they would get the early mornin' sun;

Ye've got t' love each brick an' stone from cellar up t' dome:
It takes a heap o' livin' in a house t' make it home.

Edgar Albert Guest

MIND OF THE ATHLETE™



“CLEARER MIND, BETTER PERFORMANCE”

Ending Laziness

Lazy: It's the second most commonly used word by high school and college athletes to describe their generation. ("Tired" is #1)

Lack of hustle on and off the field. Diminished aggressiveness. Failing to study properly for an exam. Lower motivation.

For a generation that is so busy, why are they so lazy?

One alarming insight into this answer has to do with their sleep.

Recently, I asked thousands of high school students what time they went to bed the previous night. Their answers were shocking.

Over 50% reported going to bed after midnight.

Nearly 90% said they interacted with their phone during the night.

They are sleep deprived. Chronically. They know it and feel it.

To decrease laziness, an athlete must do 2 things:

1: Consistently go to bed earlier to get 9.2 hrs of sleep.

2: Keep their phone far away from the bed during the night.

Test out these 2 suggestions. The only thing to lose is laziness.

Recent blogs

[Every Hero Needs a Villain](#)

[Best 2014 Sports Psych Wisdom](#)

[Do Less in 2015](#)



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From: Schlosser, Robert A

Sent: Thursday, April 09, 2015 5:01 PM

To: Brown, Amber B; Fuller, Anthony J; Schoenbeck, Bailey; Rogers, Briana M; Baldwin, Bryan J; Meier, Casey; Quinto, Casey U; Adams, Charles B; Smith, Colby C; Rhubright, Emilee R; Martin, Emily L; Riefenstahl, Erik A; Ferro, Erika J; Hathaway, Evan J; Zimmer, Ezekiel A; Rossi, Gabriella K; Waters, James L; Holbert, John A; Johnson, Alexander; Bayona, Joseph L; Wunderlich, Joseph J; Kwak, Joshua T; Wheeler, Joshua W; Rittenbaugh, Kody M; Davis, Kristopher J; Fowler, Kyle D; Chu, Linh H; Klock, Logan D; Lukacsy, Brian C; Gatti, Luke J; Lane, Matthew A; Cameron, Melissa L; Twist, Michael; Strosser, Michael; Richardson, Nancy E; Gondek, Quinn J; Rios, Ramon R; Jones, Selene S; Deisher, Tara J; Letnaunchyn, Taras J; Santor, Taylor M; Keefer, Tucker A; Warner, Tyler; Wenger, E. Philip; Schlosser, William E; Lee, Zachary; Bodnar, Joseph M; Brickman, Mathew; Bush, John; Eckert, Lee A; Eden, Joshua; Fry, Andrew R; Harding, Peter J; Hathaway, Evan J; Jackson, William; James, Thomas E; Jones, Marquise; Lane, Matthew A; Lapkowicz, Matthew; Lesh, Grant A; McGee, Kyle; McMahon, Joshua A; Schlosser, Ben; Schlosser, William E; Simpkins, Tyler A; Sweger, Jacob R; Szczawinski, Andruw; Warner, Tyler; Ziegler, Matthew S

Subject:

“Man is so made that when anything fires his soul, impossibilities vanish”

Bob Schlosser

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From: Schlosser, Robert A

Sent: Sunday, April 12, 2015 11:25 AM

To: Brown, Amber B; Fuller, Anthony J; Schoenbeck, Bailey; Rogers, Briana M; Baldwin, Bryan J; Meier, Casey; Quinto, Casey U; Adams, Charles B; Smith, Colby C; Rhubright, Emilee R; Martin, Emily L; Riefenstahl, Erik A; Ferro, Erika J; Hathaway, Evan J; Zimmer, Ezekiel A; Rossi, Gabriella K; Waters, James L; Holbert, John A; Johnson, Alexander; Bayona, Joseph L; Wunderlich, Joseph J; Kwak, Joshua T; Wheeler, Joshua W; Rittenbaugh, Kody M; Davis, Kristopher J; Fowler, Kyle D; Chu, Linh H; Klock, Logan D; Lukacsy, Brian C; Gatti, Luke J; Lane, Matthew A; Cameron, Melissa L; Twist, Michael; Strosser, Michael; Richardson, Nancy E; Gondek, Quinn J; Rios, Ramon R; Jones, Selene S; Deisher, Tara J; Letnaunchyn, Taras J; Santor, Taylor M; Keefer, Tucker A; Warner, Tyler; Wenger, E. Philip; Schlosser, William E; Lee, Zachary

Subject: tomorrow

Looking forward to class tomorrow!

Bob Schlosser

Head Men's Basketball Coach / Associate Director of Athletics

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Thoughts of the Day

“If you brought five percent more purposefulness to your life each day, it would be only twenty days before you had DOUBLED your sense of purpose.”

“Huge things can be accomplished by focusing on one small action at a time.”

“You won’t do anything you can’t picture yourself doing.”

“We dive into pictures we create.”

“I have a friend who made a list of all the positive things about himself that he could think of. HE listed every characteristic and accomplishment that he could remember in his life that he was proud of. HE keeps the list in his briefcase, and says he often reads through it when he’s feeling down.”

From: Schlosser, Robert A

Sent: Tuesday, April 14, 2015 1:17 PM

To: Brown, Amber B; Fuller, Anthony J; Schoenbeck, Bailey; Rogers, Briana M; Baldwin, Bryan J;

Meier, Casey; Quinto, Casey U; Adams, Charles B; Smith, Colby C; Rhubright, Emilee R; Martin, Emily L; Riefenstahl, Erik A; Ferro, Erika J; Hathaway, Evan J; Zimmer, Ezekiel A; Rossi, Gabriella K; Waters, James L; Holbert, John A; Johnson, Alexander; Bayona, Joseph L; Wunderlich, Joseph J; Kwak, Joshua T; Wheeler, Joshua W; Rittenbaugh, Kody M; Davis, Kristopher J; Fowler, Kyle D; Chu, Linh H; Klock, Logan D; Lukacsy, Brian C; Gatti, Luke J; Lane, Matthew A; Cameron, Melissa L; Twist, Michael; Strosser, Michael; Richardson, Nancy E; Gondek, Quinn J; Rios, Ramon R; Jones, Selene S; Deisher, Tara J; Letnaunchyn, Taras J; Santor, Taylor M; Keefer, Tucker A; Warner, Tyler; Wenger, E. Philip; Schlosser, William E; Lee, Zachary

Subject: Newspaper

Hi Everyone,

In yesterday's Lancaster Newspaper, they asked five individuals to answer this question, "If you had just one word to telegraph out to the world, what would it be". My word would be "trust". How about yours?

Bob Schlosser

Head Men's Basketball Coach / Associate Director of Athletics

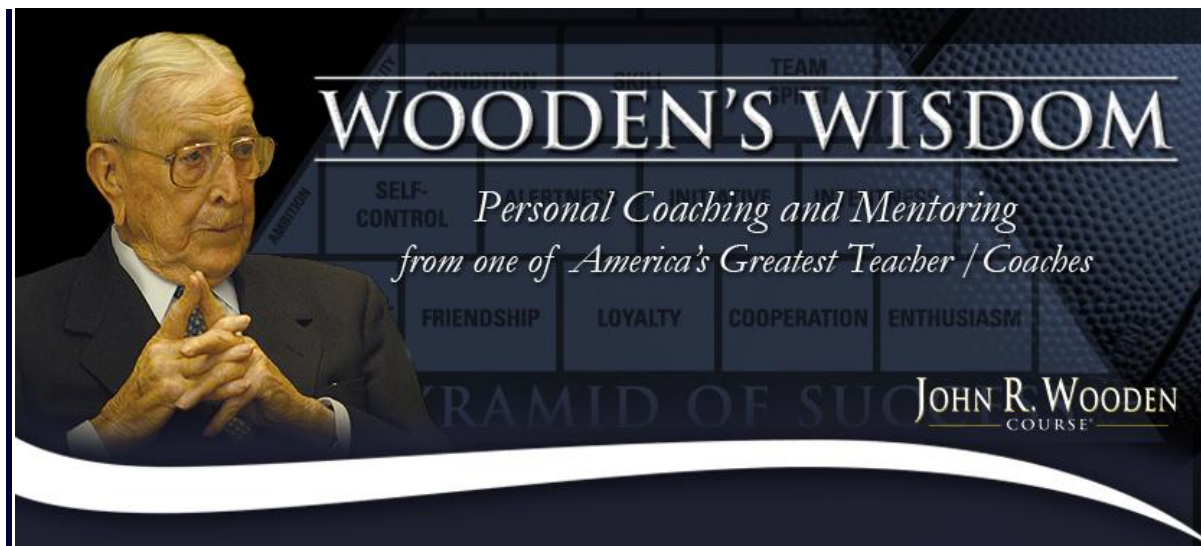
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Although it may not be possible to determine what happens to you, you should control how you react and respond.

In his book *Wooden on Leadership* with Steve Jamison Coach Wooden talked about what he meant by this favorite phrase of his:

You may have noticed that when unexpected good fortune arrives at our doorstep, we often accept it without thought, not even a tip of the hat. In trying times, however, we are quick to conclude that the fates are working directly and unfairly against us—to find an excuse to let up, lose heart, and then quit.

George Moriarty described it like this: Sometimes I think the fates must grin As we denounce them and insist, The only reason we can't win Is because the fates themselves have missed. But it is not the fates that have "missed," rather the fortitude of a leader who says "woe is me" moments before giving up in the face of misfortune.

Do not let "woe is me" become your theme song. It is a tune sung only by weak leaders.

Shakespeare expressed it well. Shortly before Hamlet faces likely death in a fencing match arranged by the man who murdered his father, his friend Horatio tries to offer him an excuse to run, hide, or quit. Hamlet refuses. He has come to believe that all things happen for a reason and tells Horatio, "There is special providence in the fall of a sparrow." Hamlet saw divine guidance and care in all events—big and small—and was determined to face his destiny with courage and skill.

I believe the same. I was taught to make the best of whatever the fates—providence—brought forth into my life. This belief has been of great benefit to me, most particularly when it came to leading others. "Although you may not be able to control what fate brings your way, you can control how you react and respond to it. At least, you should be able to."

Coach Wooden taught that *adversity is your asset*. In *Coach Wooden's Leadership Game Plan for Success* Coach gave three reminders on this topic:

1. *All leaders and their organizations are visited by misfortune and bad luck. You will not be the exception to the rule.*
2. *Adversity makes us stronger, but only if we resist the temptation to blame fate for our troubles.*
3. *How often have you not recognized an opportunity because it wore the disguise of bad luck?*

Yours in Coaching,

Craig Impelman

www.woodencourse.com

COACH SPEAKS ON THE SUBJECT



[Click to watch the video](#)

APPLICATION EXERCISE



[Apply Wooden's Wisdom
Download Here](#)

COACH'S FAVORITE POETRY AND PROSE

"KEEP A-GOIN'"

If you strike a thorn or rose,
Keep a-goïn'!
If it hails or if it snows,
Keep a-goïn'!
'Taint no use to sit an' whine
When the fish ain't on your line;
Bait your hook an' keep a-tryin'--
Keep a-goïn'!

When the weather kills your crop,
Keep a-goïn'!
Though 'tis work to reach the top,
Keep a-goïn'!
S'pose you're out o' ev'ry dime,

Twitter: @woodenswisdom

Gittin' broke ain't any crime;
Tell the world you're feelin' prime--
Keep a-goin'!

When it looks like all is up,
Keep a-goin'!
Drain the sweetness from the cup,
Keep a-goin'!
See the wild birds on the wing,
Hear the bells that sweetly ring,
When you feel like singin', sing--
Keep a-goin'!

Frank L. Stanton

For more information, visit www.WoodenCourse.com

From: Schlosser, Robert A

Sent: Wednesday, April 15, 2015 1:37 PM

To: Brown, Amber B; Fuller, Anthony J; Schoenbeck, Bailey; Rogers, Briana M; Baldwin, Bryan J; Meier, Casey; Quinto, Casey U; Adams, Charles B; Smith, Colby C; Rhubright, Emilee R; Martin, Emily L; Riefenstahl, Erik A; Ferro, Erika J; Hathaway, Evan J; Zimmer, Ezekiel A; Rossi, Gabriella K; Waters, James L; Holbert, John A; Johnson, Alexander; Bayona, Joseph L; Wunderlich, Joseph J; Kwak, Joshua T; Wheeler, Joshua W; Rittenbaugh, Kody M; Davis, Kristopher J; Fowler, Kyle D; Chu, Linh H; Klock, Logan D; Lukacsy, Brian C; Gatti, Luke J; Lane, Matthew A; Cameron, Melissa L; Twist, Michael; Strosser, Michael; Richardson, Nancy E; Gondek, Quinn J; Rios, Ramon R; Jones, Selene S; Deisher, Tara J; Letnaunchyn, Taras J; Santor, Taylor M; Keefer, Tucker A; Warner, Tyler; Wenger, E. Philip; Schlosser, William E; Lee, Zachary

Subject: FW: Kyle Maynard Visits Penn State Harrisburg

Bob Schlosser
Head Men's Basketball Coach
Associate Athletic Director
Elizabethtown College
717-361-1141

From: Craig Welsh [mailto:cwelsh@gowelsh.com]
Sent: Tuesday, March 31, 2015 12:50 PM
To: Schlosser, Robert A; Gorman, Sherri L; Nolt, Veronica
Subject: Kyle Maynard Visits Penn State Harrisburg

Hello, Elizabethtown Basketball.

Rahsaan Carlton, PSH Athletic Director, and I have put together a free event at Penn State Harrisburg on April 15 that we believe will be of great interest to you, your coaches, and/or your team members.

Attaching a PDF with an overview of the Kyle Maynard event. Kyle is a quad amputee with an incredibly positive story of perseverance, commitment, and grit - qualities that all great athletes strive to achieve.

Please forward this information to all who may be interested in attending the event.

We hope to see you in a few weeks.

Best,

Craig

Kyle Maynard Visits Penn State Harrisburg

DATE:
Wednesday, April 15, 2015

TIME:
6:00 Doors open
7:00 Presentation

PLACE:
Gym, Capital Union Building
Penn State Harrisburg
777 West Harrisburg Pike
Middletown, PA 17057

FREE REGISTRATION:
<https://kylemaynard.eventbrite.com>

MORE:
<http://www.kyle-maynard.com>

Craig Welsh
cwelsh@gowelsh.com
717-898-9000

ETOWN ATHLETES,

KYLE MAYNARD 'NO EXCUSES'

APRIL 15 - 7PM - PENN STATE HARRISBURG

FREE: kylemaynard.eventbrite.com



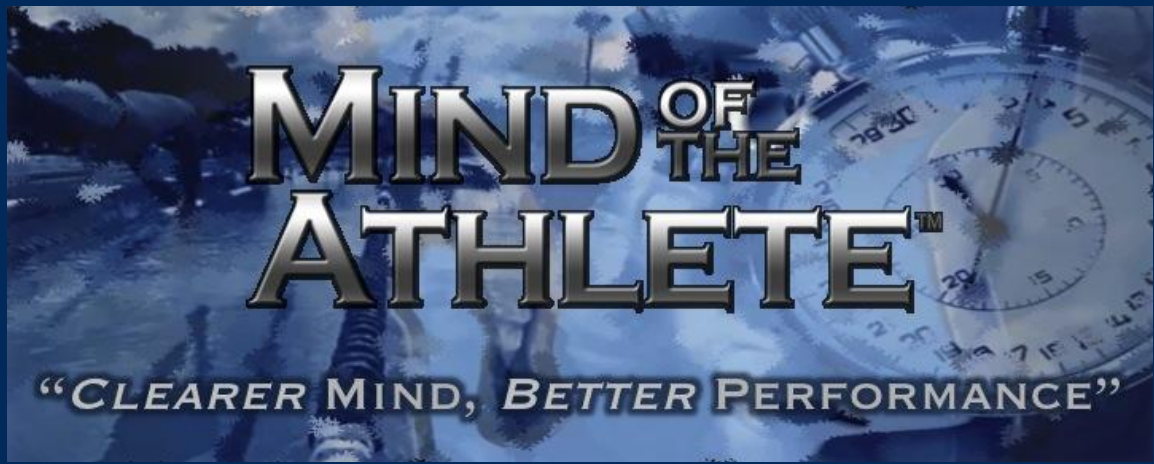
Motivational speaker, *New York Times* bestselling author, entrepreneur, and athlete. Featured on The Oprah Winfrey Show, CNN, ESPN, Good Morning America, and as a *USA Today* cover story.

The can't-miss event of a lifetime!

For more information: kyle-maynard.com



Made possible through the generous support of the Penn State Harrisburg Chancellor's Fund and the PSH Department of Athletics.



G.I.F.D.

Get. It. Freakin'. Done.

No more whining. No more excuses. No more procrastination.

Sometimes in life we just need to suck it up.

Find a way. Make it happen. Plow through it. Figure it out.

Without hand holding. Without coaching. Without guidance.

Somehow, somehow. It's on you to sink or swim.

Just shut up and put up.

Get it freakin' done!

Recent Blogs:

[It's More Important to be...](#)

[Athletes' 5 Biggest Sports Psych Issues](#)

[You Matter](#)



Dr. Jarrod Spencer
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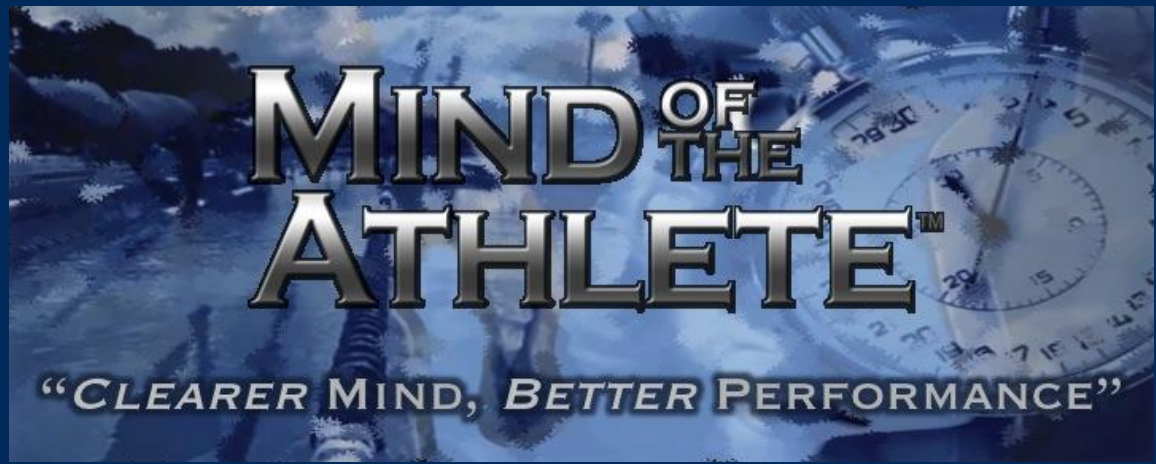
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TrueSport® Nutrition Guide

From: Schlosser, Robert A

Sent: Wednesday, April 22, 2015 11:37 AM

To: Brown, Amber B; Fuller, Anthony J; Schoenbeck, Bailey; Rogers, Briana M; Baldwin, Bryan J; Meier, Casey; Quinto, Casey U; Adams, Charles B; Smith, Colby C; Rhubright, Emilee R; Martin, Emily L; Riefenstahl, Erik A; Ferro, Erika J; Hathaway, Evan J; Zimmer, Ezekiel A; Rossi, Gabriella K; Waters, James L; Holbert, John A; Johnson, Alexander; Bayona, Joseph L; Wunderlich, Joseph J; Kwak, Joshua T; Wheeler, Joshua W; Rittenbaugh, Kody M; Davis, Kristopher J; Fowler, Kyle D; Chu, Linh H; Klock, Logan D; Lukacsy, Brian C; Gatti, Luke J; Lane, Matthew A; Cameron, Melissa L; Twist, Michael; Strosser, Michael; Richardson, Nancy E; Gondek, Quinn J; Rios, Ramon R; Jones, Selene S; Deisher, Tara J; Letnaunchyn, Taras J; Santor, Taylor M; Keefer, Tucker A; Warner, Tyler; Wenger, E. Philip; Schlosser, William E; Lee, Zachary

Subject:

Bob Schlosser

Head Men's Basketball Coach / Associate Director of Athletics

Elizabethtown College

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NUTRITIONAL REQUIREMENTS

CONTENTS

Carbohydrates – The Master Fuel Page **2**

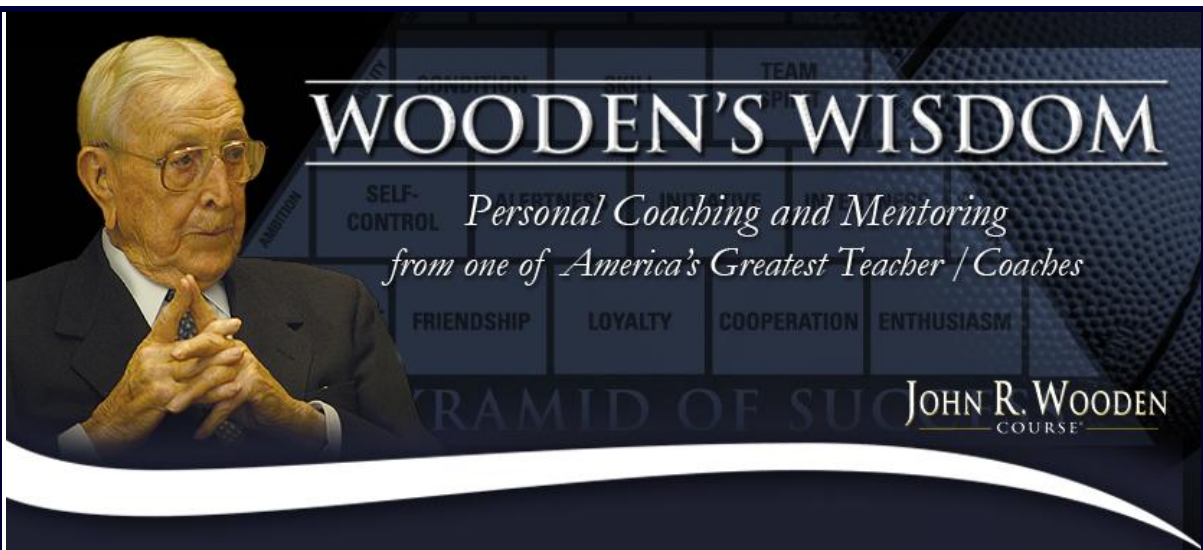
Protein's Role as a Team Player Page **12**

Dietary Fat Page **16**

Vitamins and Minerals Page **18**

Fluids and Hydration Page **24**

Resources Page **28**



Wooden's Wisdom - Volume 3

Issue 180

A good memory is one that can remember the day's blessings and forget the day's troubles.

This Irish blessing was a favorite of Coach Wooden's. It supports and is a good reminder of the seventh item in Joshua Wooden's Seven Point Creed:

Pray for guidance, count and give thanks for your blessings every day.

In his book *The Wisdom of Wooden* with Steve Jamison Coach expanded on the idea:

You'll be much happier if you spend as much time thinking about your blessings as you do about your troubles. In this regard, it is helpful to forget favors given and remember those received.

In his book *Wooden* with Steve Jamison Coach summed it up this way:

So often we fail to acknowledge what we have because we're so concerned about what we want. We fail to give real thanks for the many blessings for which we did nothing: our life itself, the flowers, the trees, our family and friends.

In his book with Jay Carty *Coach Wooden's Pyramid of Success* Coach put the idea of blessings in perspective:

I can recount so many blessings in my life and I am thankful for them, but blessings don't constitute success. If none of the good things had ever occurred, I would not be any less successful. The real determining factor is this: Did I make the effort to do my best? That is the only criteria, and I am the only one who knows (well, me and God). Am I a success? I have peace of mind.

With this perspective Coach was able to appreciate the blessings he received not expect them or depend on them. The day's troubles were never anything for him to focus on.

Neither had anything to do with success for himself as he defined it. The focus was on his best effort not external forces he could not control.

COACH SPEAKS ON THE SUBJECT



[Click to watch the video](#)

APPLICATION EXERCISE



COACH'S
FAVORITE POETRY
AND PROSE

Yours in Coaching,

Craig Impelman

www.woodencourse.com

Twitter: @woodenswisdom

Character of the Happy Warrior (Part Two)

—Who, if he rise to station of command,
Rises by open means; and there will stand
On honourable terms, or else retire,
And in himself possess his own desire;
Who comprehends his trust, and to the same
Keeps faithful with a singleness of aim;
And therefore does not stoop, nor lie in wait
For wealth, or honours, or for worldly state,
Whom they must follow; on whose head must fall,
Like showers of manna, if they come at all:
Whose power shed round him in the common strife,
Or mild concerns of ordinary life,
A constant influence, a peculiar grace;
But who, if he be called upon to face
Some awful moment to which Heaven has joined
Great issues, good or bad for human kind,
Is happy as a Lover; and attired
With sudden brightness, like a Man inspired;
And, through the heat of conflict, keeps the law
In calmness made, and sees what he foresaw:
Or if an unexpected call succeed,
Come when it will, is equal to the need:
—He who, though thus endowed as with a sense
And faculty for storm and turbulence,
Is yet a Soul whose master-bias leans
To homefelt pleasures and to gentle scenes;
Sweet images! which, whereso'er he be,
Are at his heart; and such fidelity
It is his darling passion to approve;
More brave for this, that he hath much to love:—
'Tis, finally, the Man, who, lifted high,

William Wordsworth

MIND OF THE ATHLETE



"CLEARER MIND, BETTER PERFORMANCE."



The Performance Curve

It's about competing at your best when it matters the most.

Timing is key to this principle in sports.

Get amped up too soon and you'll tank in the end.

Not amped enough and you'll regret leaving too much in the tank.

The first X on the Performance Curve is the mark to hit at the time your competition begins.

Hit your mark by regulating your emotions better through music.

Listen to relaxing piano music up until 1 hour before competing.

Then switch to your pump up music.

You'll conserve energy and hit the mark when it matters most.

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