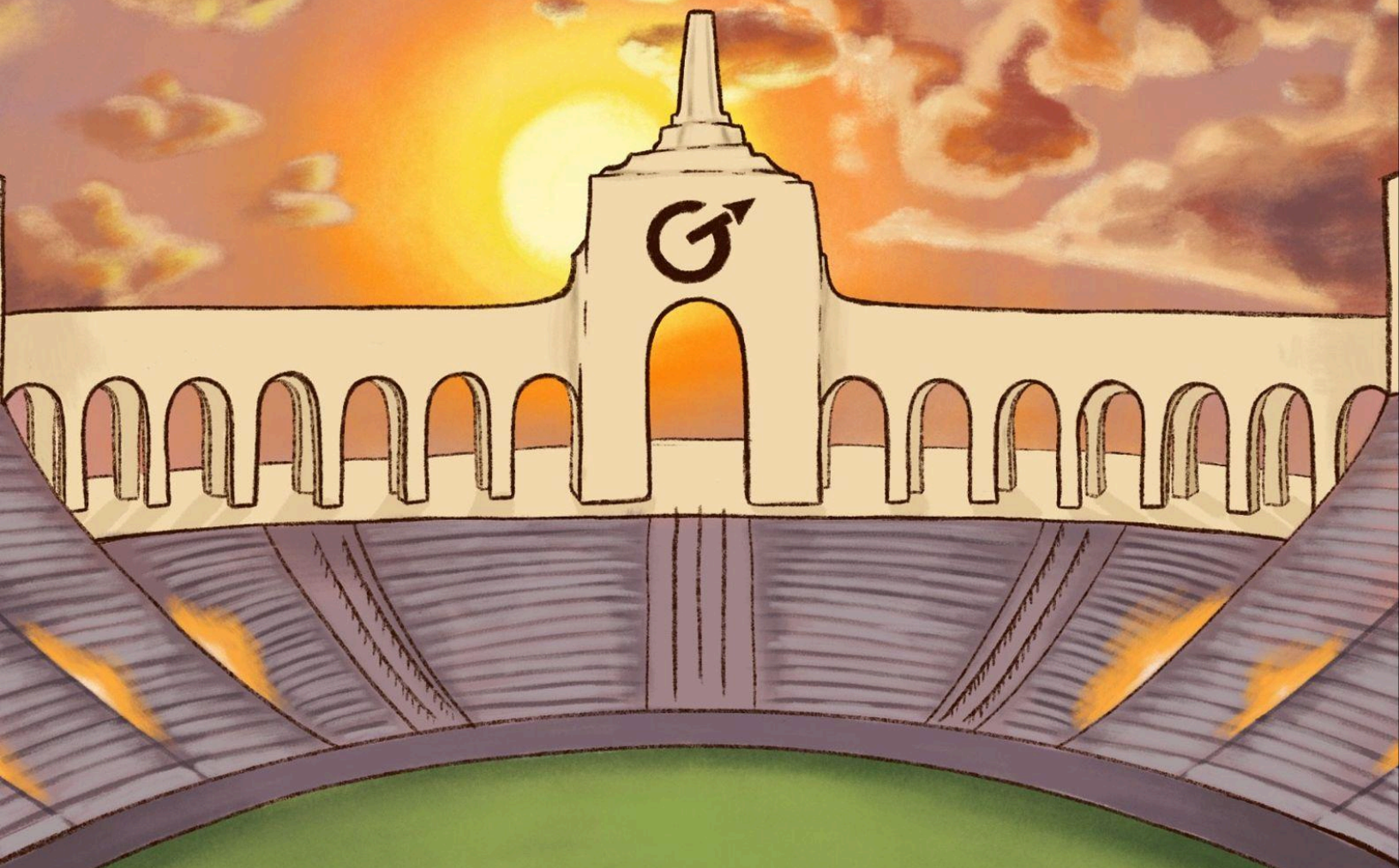




# BECOMING A GAMECHANGE ATHLETE



TRAINING CAMP INSTRUCTORS

**PAUL MCDONALD  
& JACK BARIC**

## BECOMING A GAMECHANGE ATHLETE

# TRAINING CAMP 1 / BUILDING POSITIVE MINDSET

W

QUITE OFTEN THE DIFFERENCE BETWEEN THE PLAYER SITTING ON THE END OF THE BENCH AND THE MVP IS THEIR MINDSET."

W

THE BELIEF COMPONENT IS MASSIVELY IMPORTANT. WHEN YOU STAND OVER A PUTT, IF YOU DON'T BELIEVE IT'S GOING IN, IT'S NOT GOING IN."

W

DO YOU REALLY LOVE WHAT YOU DO? AND DO YOU LOVE IT SO MUCH THAT WHEN THINGS GET TOUGH AND CHALLENGING... THAT YOU KEEP GOING?"

BUILDING A POSITIVE MINDSET IS OFTEN THE GREATEST INDICATOR OF HAVING A SUCCESSFUL LIFE. IF YOU LOOK AT THE GREATEST ATHLETES OF ALL TIME, THEY ALMOST ALL HAD A STRONG MINDSET.

THE "BECOMING A GAMECHANGE ATHLETE" TRAINING CAMP IS TAUGHT BY GAMECHANGE COMPANY CO-FOUNDERS, FORMER ALL-AMERICAN AND NFL QUARTERBACK, PAUL MCDONALD, AND EMMY AWARD WINNER JACK BARIC. THE CLASS OUTLINES MANY OF THE PRINCIPLES OF LIVING AN ELITE LIFE THAT CAN BE FOUND IN THE BOOK THEY WROTE, "THRU THE TUNNEL." IT ALL STARTS WITH BUILDING A POSITIVE MINDSET!

BECOMING A GAMECHANGE ATHLETE IS NOT JUST SOMETHING THAT THE STAR PLAYERS ON A TEAM CAN ACHIEVE. IT IS FOR EVERYONE BECAUSE WE CAN ALL DO THINGS THAT CONTRIBUTE TO OUR TEAM, FAMILY, AND COMMUNITY, AND WE SHOULD ALL STRIVE TO BECOME THE BEST VERSION OF OURSELVES.

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IN THIS TRAINING CAMP, PAUL AND JACK OUTLINE VARIOUS THINGS TO CONSIDER WHEN WORKING ON CREATING A POSITIVE MINDSET AND BUILDING BELIEF. HERE ARE A FEW KEY POINTS:

### DIVE INWARD TO DISCOVER YOURSELF

BECOME A STUDENT OF YOURSELF. TAKE THE TIME TO THINK ABOUT YOUR LIFE. WHAT IS IT THAT YOU LOVE? WHAT IS IT THAT YOU WANT? WHO DO YOU WANT TO DO IT WITH?

### CHANGE IS POSSIBLE

NONE OF US ARE PERFECT, BUT WE CAN ALL MAKE THE NECESSARY CHANGES TO BE BETTER. GIVE YOURSELF GRACE AND DO THE WORK TO BE BETTER.

### TRUST THE FLOW / BE GRITTY

SOMETIMES THINGS DON'T WORK OUT THE WAY WE WANT. ACCEPT AND TRUST THAT NEGATIVE OUTCOMES ARE OPPORTUNITIES THAT WILL ULTIMATELY HELP YOU GROW. WITH RESILIENCE, YOU WILL BE BETTER BECAUSE OF THE CHALLENGES YOU'VE OVERCOME.

### TRUST THE PROCESS

GREAT THINGS AREN'T TYPICALLY ACCOMPLISHED QUICKLY. THEY TAKE TIME AND LOTS OF HARD WORK. EMBRACE THE FACT THAT YOU WILL GET BETTER ONE STEP AT A TIME. CONFIDENCE COMES WITH DOING THE WORK.

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## SELF-REFLECTION

- CREATE A WORD DOCUMENT TITLED "BECOMING A GAMECHANGE ATHLETE. WRITE THE HEADLINE, "TRAINING CAMP 1: BUILDING POSITIVE MINDSET." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

HAVING A POSITIVE MINDSET AND DOING THE WORK TO GET BETTER IS MUCH EASIER WHEN WE DO WHAT WE LOVE. THINK ABOUT AN ACADEMIC SUBJECT THAT INSPIRES YOU. DESCRIBE HOW YOU HAVE FURTHERED THIS INTEREST INSIDE AND/OR OUTSIDE OF THE CLASSROOM.

## TRAINING CAMP 2 / BUILDING SELF BELIEF

W

SOMETIMES THE PRACTICES WERE HARDER THAN THE GAMES. SO (SELF-BELIEF) STARTED IN THE OFF SEASON."

W

MENTORSHIP IS INCREDIBLY IMPORTANT AND IF YOU DON'T HAVE ONE, GO FIND ONE."

W

THERE'S 32 TEAMS IN THE LEAGUE. ONLY ONE OF THEM WINS A CHAMPIONSHIP. DOES THAT MEAN THAT 31 OTHER TEAMS ARE COMPRISED OF LOSERS? ARE YOU A LOSER IF YOU DON'T WIN THE CHAMPIONSHIP?"

EVERYONE KNOWS THAT IT'S IMPORTANT TO HAVE SELF-BELIEF WHEN YOU SET OUT TO ACHIEVE YOUR GOALS, BUT HOW DO YOU BUILD SELF-BELIEF, ESPECIALLY WHEN THINGS AREN'T GOING YOUR WAY? PAUL MCDONALD AND JACK BARIC PROVIDE TIPS FOR PEOPLE WHO STRUGGLE WITH CONFIDENCE AND ARE SEEKING WAYS TO BUILD THEIR SELF-BELIEF.

**BELIEF STARTS AT PRACTICE**

WHEN IT'S TIME TO BE TESTED UNDER THE BRIGHT LIGHTS, IT'S MUCH EASIER TO BELIEVE THAT YOU CAN SUCCEED WHEN YOU'VE ALREADY PRACTICED YOUR ROLE HUNDREDS OF TIMES AT PRACTICE. WORK HARD TO DEVELOP YOUR CRAFT!

**TRUE BELIEF IS HUMBLE**

PEOPLE WHO FEEL THE NEED TO BRAG ARE OFTEN TRYING TO MASK THEIR INSECURITY. THERE IS NO NEED TO TELL EVERYONE WHAT YOU CAN DO IF THEY CAN ALREADY SEE YOU DOING IT.

**BELIEVE WHEN YOU'RE LOSING**

LOSING WILL TEST YOUR BELIEF, BUT IT WILL NOT TAKE IT AWAY IF YOU VIEW IT AS A GREAT OPPORTUNITY TO LEARN, WORK, AND BE BETTER BEFORE THE NEXT COMPETITION.

**WE ALL NEED A SUPPORT SYSTEM**

NOBODY CAN DO IT ALONE. SEEK SUPPORT FROM FAMILY, FRIENDS, COACHES, AND MENTORS TO HELP YOU IN YOUR ENDEAVORS. THE BEST WAY TO RECEIVE SUPPORT IS TO PROVIDE SUPPORT, SO BE A GREAT TEAMMATE.

**ONE STEP AT A TIME**

ACHIEVING BIG GOALS MIGHT SEEM DAUNTING AND CAN KILL YOUR SELF-BELIEF IF YOU FOCUS ON THE ENORMITY OF EVERYTHING YOU HAVE TO DO ALL AT ONCE. TAKE IT ONE STEP AT A TIME AND TRUST THE PROCESS.

**YOU CAN CHANGE**

IF YOU'VE BEEN FAILING, DON'T BELIEVE THAT YOU ARE A FAILURE. FAILURE IS ONLY TEMPORARY IF YOU ALLOW YOURSELF THE CHANCE TO CHANGE. SEEK WHAT YOU WANT FROM LIFE AND WHEN YOU FIND THOSE THINGS YOU LOVE, MAKE THEM YOUR FUEL TO STAYING ON A POSITIVE PATH.

**SELF-REFLECTION**

• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 2: 'BUILDING SELF BELIEF.'" TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

THE LESSONS WE TAKE FROM OBSTACLES WE ENCOUNTER CAN BE FUNDAMENTAL TO LATER SUCCESS. RECOUNT A TIME WHEN YOU FACED A CHALLENGE, SETBACK, OR FAILURE. HOW DID IT AFFECT YOU, AND WHAT DID YOU LEARN FROM THE EXPERIENCE?

## BECOMING A GAMECHANGE ATHLETE

# TRAINING CAMP 3 / WHAT DO YOU WANT?

"IF YOU DON'T KNOW WHAT PORT YOU'RE SAILING FOR, NO WIND IS FAVORABLE." THE ANCIENT ROMAN PHILOSOPHER, SENECA, SUMMED A VERY IMPORTANT PRINCIPLE OF LIFE IN JUST A FEW SHORT WORDS. ONE OF THE KEYS TO A SUCCESSFUL AND JOYFUL LIFE IS TO HAVE A CLEAR UNDERSTANDING OF WHO YOU ARE AND WHAT YOU WANT. THIS WILL ALLOW YOU TO LIVE MORE AUTHENTICALLY AND MAKE DECISIONS THAT BEST ALIGN WITH YOUR MOST TRUE AND BEST SELF.

PAUL MCDONALD AND JACK BARIC TEACH WHAT ARE SOME OF THE THINGS TO CONSIDER WHEN EVALUATING THE DIRECTION YOU WANT TO TAKE IN LIFE. IT IS VERY IMPORTANT TO CONSIDER WHAT YOU WANT TO DO IN LIFE, BUT THEY EXPLAIN THAT IT IS MUCH MORE CRUCIAL TO DETERMINE WHO YOU WANT TO BE.

## PERSONAL IDENTITY

A MISTAKE THAT MANY PEOPLE MAKE, ESPECIALLY IN AMERICAN CULTURE, IS TO CONFUSE WHAT THEY DO WITH WHO THEY ARE. YOU MIGHT BE A QUARTERBACK, A STUDENT, A DOCTOR, A PLUMBER, OR ANY OTHER PROFESSION. HOWEVER, THERE IS A DANGER OF WRAPPING YOUR PERSONAL IDENTITY AROUND WHAT YOU DO. WHAT WILL HAPPEN IF THAT JOB IS LOST? WHAT'S LEFT OF YOU THEN? IT'S IMPORTANT TO REMEMBER THAT WE ARE MUCH MORE THAN WHAT WE DO.

PAUL EXPLAINS IT THIS WAY: "WE'RE HUMAN BEINGS, NOT HUMAN DOINGS. SO WE GET CAUGHT UP IN THIS WHOLE DO, DO, DO, DO, DO.... BUT, IF YOU STRIP ALL THAT AWAY, STRIP IT AWAY, STRIP IT AWAY. WHAT YOU DO FOR A LIVING, IF YOU'RE A LAWYER OR A DOCTOR, A PAINTER, WHATEVER, A QUARTERBACK, STRIP THAT AWAY.... WHAT'S LEFT IS YOU. SO, WHO IS THAT? AFTER ALL THOSE IDENTITIES ARE STRIPPED AWAY, WHAT'S IN THERE? IS THAT A PERSON OF COMPASSION, A PERSON OF LOVE? IS IT A PERSON OF COMMITMENT, CONVICTION, CARING? WHAT'S LEFT?"

## WHO DO I WANT TO BECOME?

THINK OF YOURSELF AS VERY OLD WHEN A TRIBUTE DINNER IS GIVEN IN YOUR HONOR. WHAT WILL BE SOME OF THE MOST IMPORTANT THINGS THAT EVENING? FIRST AND FOREMOST, DOES ANYONE EVEN BOTHER TO SHOW UP? THE ANSWER WILL BE A RESOUNDING YES IF YOU SPEND A LIFETIME MAKING AND NURTURING RELATIONSHIPS. IT'S VERY SIMPLE. PEOPLE ARE MORE IMPORTANT THAN THINGS. ASK YOURSELF. DID YOU SUPPORT THESE PEOPLE? DID YOU LOVE THEM? DID YOU GIVE MORE THAN YOU TOOK? THESE ARE ALL THINGS TO CONSIDER WHEN DECIDING WHO YOU WANT TO BECOME.

## YOU HAVE A PLATFORM

STUDENT ATHLETES WHO DESIRE TO GIVE BACK MIGHT DREAM OF BECOMING A STAR WITH TONS OF MONEY AND THE PLATFORM THAT SPORTS PROVIDE THEM TO SUPPORT THEIR FAVORITE CHARITIES. THAT'S A WONDERFUL DREAM, BUT YOU CAN START NOW. THERE ARE LOTS OF YOUNGER KIDS IN ELEMENTARY AND MIDDLE SCHOOL WHO LOOK UP TO YOU AS A STUDENT ATHLETE. THAT IS YOUR PLATFORM! YOU CAN GIVE BACK NOW BY COACHING LITTLE LEAGUE, DOING SUMMER CAMPS FOR KIDS, OR MANY OTHER WAYS TO VOLUNTEER IN YOUR COMMUNITY.

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## SELF-REFLECTION

SPORTS CAN PROVIDE AN AMAZING PLATFORM TO HELP OTHERS. IF YOU WERE A PROFESSIONAL ATHLETE, WHAT CHARITABLE CAUSES WOULD YOU SUPPORT? LIST THREE CAUSES IN ORDER OF PREFERENCE.

ONLY A SMALL FRACTION OF ATHLETES WILL MAKE IT TO THE PROS. TAKING THAT INTO CONSIDERATION, HOW CAN YOU USE THE PLATFORM THAT BEING A STUDENT ATHLETE PROVIDES YOU IN YOUR HOMETOWN? LIST THREE WAYS THAT YOU CAN GIVE BACK AS A VOLUNTEER IN YOUR COMMUNITY.

## TRAINING CAMP 4 / BE AUTHENTIC

W

THERE'S 8 BILLION PEOPLE ON THE PLANET AND THERE'S 8 BILLION DIFFERENT, UNIQUE PATHS."

W

YOU HAVE TO GO WITH YOUR OWN BELIEF SYSTEM AND NOT LISTEN TO OTHER PEOPLE WHO WANT TO DRAG YOU DOWN."

W

THERE'S A SAYING. IT'S CALLED, 'KEEPING UP WITH THE JONESES'...IT'S CONSTANTLY TRYING TO KEEP UP WITH WHAT OTHER PEOPLE HAVE."

LIVING AUTHENTICALLY IS A MASSIVELY IMPORTANT THING TO DO IF YOU WANT A LIFE OF JOY AND SUCCESS. IN THE "BE AUTHENTIC" CLASS, PAUL MCDONALD AND JACK BARIC POINT OUT THINGS TO LOOK OUT FOR TO MAKE SURE YOU ARE LIVING AUTHENTICALLY AND PROVIDE TIPS ON HOW TO CHASE YOUR DREAMS IN AN AUTHENTIC WAY.

### EXPECTATIONS OF OTHERS

AS YOU SET YOUR GOALS, IT IS IMPORTANT TO CONSIDER, ARE THEY YOUR GOALS OR SOMEONE ELSE'S? MOTIVATION RUNS THIN IF YOU ARE TRYING TO ACHIEVE WHAT OTHERS WANT FOR YOU AND NOT WHAT YOU WANT FOR YOURSELF. YOU MIGHT BE EXPECTED TO ACHIEVE SOMETHING THAT IS NOT IN YOUR HEART OR WHAT YOU HAVE THE TALENTS FOR. ON THE OTHER HAND, SOME PEOPLE WHO DON'T BELIEVE THEY CAN ACHIEVE A LOFTY DREAM CAN DRAG YOU DOWN BECAUSE OF THEIR INABILITY TO THINK BIG.

### KEEPING UP WITH THE JONESES

IT'S EASY AND OFTEN TEMPTING TO CONSTANTLY COMPARE WHAT YOU ARE DOING OR WHAT YOU HAVE WITH OTHER PEOPLE. THIS IS ESPECIALLY TRUE WITH SOCIAL MEDIA WHERE WE ARE ALWAYS ONE SWIPE AWAY FROM SEEING THE COOL PLACE OUR FRIENDS ARE VISITING, OR THE SHINY NEW TOY THEY JUST GOT, OR THE AMAZING ACHIEVEMENT THEY JUST ACCOMPLISHED. THEIR LIFE LOOKS PERFECT. IT'S NOT – AND NEITHER IS YOURS – AND THAT'S OK.

### FOCUS ON YOUR STRENGTHS

PAUL TELLS THE STORY OF HOW MUCH MORE ATHLETIC THE STARTING QUARTERBACK WAS AT USC WHEN HE ARRIVED AS A FRESHMAN. ALTHOUGH PAUL COULDN'T THROW AS FAR OR RUN AS FAST, HE MADE HIMSELF INTO AN ALL-AMERICAN QUARTERBACK BY FOCUSING ON HIS STRENGTHS – PINPOINT PASSING ACCURACY AND GREAT PLAYBOOK KNOWLEDGE.

WHAT ARE YOUR STRENGTHS?

### BE YOUR BEST SELF

YOU CAN'T BE SOMEONE ELSE'S BEST SELF. YOU DON'T HAVE THEIR BODY, THEIR BRAINS, THEIR OUTLOOK – AND THEY DON'T HAVE YOURS. FOCUS ON THE THINGS THAT BRING YOU JOY, THE THINGS YOU WANT IN LIFE, THE UNIQUE GIFTS THAT YOU HAVE – AND LEAN INTO THOSE THINGS BECAUSE THOSE THINGS ARE YOUR BEST SELF.

## SELF-REFLECTION

• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 4 "BE AUTHENTIC." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

THE PATH TO SUCCESS IS OFTEN MADE EASIER WHEN YOU DOUBLE DOWN ON YOUR OWN UNIQUE GIFTS, TALENTS AND STRENGTHS. WHAT WOULD YOU SAY IS YOUR GREATEST TALENT OR SKILL? HOW HAVE YOU DEVELOPED AND DEMONSTRATED THAT TALENT OVER TIME?

# BECOMING A GAMECHANGE ATHLETE

## TRAINING CAMP 5 / GO FOR IT

**W** IF THERE'S SOMETHING IN YOUR LIFE THAT YOU REALLY WANT, YOU HAVE ABSOLUTELY ZERO CHANCE OF GETTING IT IF YOU DON'T GO FOR IT."

**W** ONE DEFINITION OF STRESS IS RESISTANCE TO WHAT IS."

**W** ...THAT THING THAT YOU'VE GOT IN FRONT OF YOU, DO THAT THING AS BEST AS YOU CAN, AND WHATEVER HAPPENS, HAPPENS."

WAYNE GRETZKY FAMOUSLY SAID, "YOU MISS ONE HUNDRED PERCENT OF THE SHOTS YOU DON'T TAKE." THERE ARE MANY PEOPLE (MAYBE YOU) WHO FALL SHORT IN SOMETHING THAT COULD HAVE BEEN GREAT FOR THEM BECAUSE THEIR FEAR OF FAILURE PREVENTS THEM FROM TRYING. THE MOST SUCCESSFUL PEOPLE ON THE PLANET ALMOST ALL SHARE IN COMMON THE ABILITY TO OVERCOME THEIR FEAR OF FAILURE AND PUSH THEMSELVES TO GET BETTER, EVEN WHEN IT'S UNCOMFORTABLE.

IN THIS TRAINING CAMP, PAUL MCDONALD AND JACK BARIC EXPLAIN THAT FAILURE IS INEVITABLE, BUT GREAT THINGS COME TO THOSE WHO HAVE THE COURAGE TO TRY AND TO KEEP TRYING WHEN THINGS DON'T GO THEIR WAY. IT'S VERY SIMPLE, THEY'RE WILLING TO GO FOR IT AND KEEP GOING FOR IT!

### DON'T BE ATTACHED TO AN OUTCOME

HERE IS A HARD TRUTH FOR YOU; IF YOU DO PUSH YOURSELF TO PURSUE A GOAL, THERE IS A CHANCE YOU WILL FAIL, AND THAT'S OK. HOWEVER, IF YOUR DESIRED OUTCOME DOESN'T COME TRUE, THERE IS GREAT COMFORT IN KNOWING YOU DID YOUR VERY BEST. THAT IS MADE MUCH EASIER WHEN YOU LOVE WHAT YOU ARE DOING. THAT IS WHAT KOBE BRYANT MEANT WHEN, AT HIS LAST GAME, HE SAID, "THE JOURNEY IS THE DREAM." FOCUS ON THAT!

### TRUST THE PROCESS

WHEN YOU'RE WORKING ON DEVELOPING AND EXPANDING YOUR CRAFT BY TRYING NEW THINGS, YOU WILL SUCK WHEN YOU FIRST START. (YOU SEE A PATTERN EMERGING HERE?) HOWEVER, IF YOU STICK TO IT AND PRACTICE EVERY DAY, YOU WILL GET BETTER, STEP-BY-STEP. THAT IS WHAT IT MEANS TO TRUST THE PROCESS.

### TRUST THE FLOW

IF YOU REFLECT ON YOUR LIFE, THERE'S A CHANCE YOU WILL THINK OF SOMETHING GOOD THAT HAPPENED THAT WOULD NOT HAVE OCCURRED IF SOMETHING BAD HAD NOT PRECEDED IT. AS AN EXAMPLE, JACK TELLS THE STORY THAT HIS PATH TO BECOMING A STORYTELLER AND EMMY AWARD WINNER WOULD NEVER HAVE HAPPENED IF HE HAD NOT BEEN FIRED FROM HIS JOB IN REAL ESTATE. DURING PERIODS OF GREAT CHALLENGE, KEEP BELIEVING THAT BETTER DAYS ARE AROUND THE CORNER, BECAUSE THEY LIKELY ARE!

## SELF-REFLECTION

• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 5 "GO FOR IT" TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

IT'S CHALLENGING TO ATTEMPT NEW THINGS AND SO IT'S EASY TO AVOID TRYING. HOWEVER, THE THINGS THAT ONCE SEEMED SO DAUNTING OFTEN LATER BECOME SECOND NATURE AFTER PRACTICING. DESCRIBE A TIME WHEN YOU TRIED SOMETHING THAT INTIMIDATED YOU AND THE GROWTH THAT CAME FROM THE EXPERIENCE.

## BECOMING A GAMECHANGE ATHLETE

### TRAINING CAMP 6 / GRIT



**IT'S IMPORTANT TO HAVE RESILIENCE WHEN LIFE THROWS YOU CURVEBALLS."**



**WHEN YOU SHOW GRIT IN LIFE, IT GENERALLY COMES FROM SOME INNER MOTIVATION THAT YOU HAVE... YOU LOVE IT SO MUCH, IT DOESN'T MATTER REALLY WHAT HAPPENS AROUND YOU. YOU JUST KEEP ON GOING AND KEEP ON MOVING."**



**WHEN YOU'RE IN THE MIDDLE OF A CHALLENGE, IT KIND OF SUCKS...BUT THE TRUTH OF THE MATTER IS, THERE IS NO GROWTH WITHOUT ADVERSITY."**

**EVERYBODY FACES ADVERSITY AND GOES THROUGH CHALLENGING TIMES. THE MOST SUCCESSFUL PEOPLE IN THIS WORLD ARE TYPICALLY THOSE WHO HAVE THE RESILIENCE TO HANG IN THERE DURING TIMES OF STRUGGLE AND KEEP FIGHTING TO REACH THEIR GOAL. THIS IS GRIT.**

**IN THE GAMECHANGE TRAINING CAMP ON GRIT, PAUL MCDONALD AND JACK BARIC TEACH HOW TO DEVELOP GRIT BY UNDERSTANDING AND RESPONDING TO THE TIMES OF ADVERSITY THAT WILL INEVITABLY APPEAR IN OUR LIVES. THE FOLLOWING ARE A FEW KEY PRINCIPLES TO UNDERSTAND AND INCORPORATE IN YOUR LIFE.**

#### **MOTIVATION**

**IT IS MUCH EASIER TO STICK WITH SOMETHING THAT YOU ARE STRUGGLING AT IF YOU REALLY LOVE WHAT YOU ARE DOING AND ARE MOTIVATED TO IMPROVE.**

#### **THE ONE THING YOU CAN CONTROL / RESPONDING TO ADVERSITY**

**LIFE IS UNPREDICTABLE AND SOMETIMES WE ARE HIT WITH BAD LUCK THAT IS UNFAIR. AS AN EXAMPLE, PAUL REFLECTED ON THE STORY OF HIS SON BREAKING HIS WRIST IN THE FIRST GAME OF A FOOTBALL SEASON WHEN HE WAS HOPING TO BE RECRUITED TO PLAY IN COLLEGE. ALTHOUGH HIS BROKEN WRIST PREVENTED HIM FROM WORKING ON HIS PASSING, PAUL'S SON USED THE INJURY TIME TO STRENGTHEN HIS LEGS AND INCREASE HIS SPEED. DON'T DWELL ON WHAT YOU CAN'T CONTROL. INSTEAD, FOCUS ON WHAT YOU CAN CONTROL, LIKE LEG WORKOUTS IF YOU HAVE AN INJURED HAND, AND DO MORE OF THAT! THIS IS HOW TO RESPOND TO ADVERSITY.**

#### **CHALLENGES ARE GOOD**

**IT IS THE VERY RARE INDIVIDUAL WHO ENJOYS CHALLENGING TIMES. FOR MOST OF US MERE MORTALS, IT IS NOT FUN AT ALL WHEN WE ARE GOING THROUGH OUR TIMES OF STRUGGLE. HOWEVER, IT IS DURING OUR PERIODS OF STRUGGLE THAT MOST OF OUR GROWTH OCCURS. TAKE PRIDE THAT YOU ARE ABLE TO SHOW GRIT DURING CHALLENGING TIMES AND BE ASSURED THAT YOU WILL COME OUT BETTER FOR IT IF YOU HANG IN THERE AND KEEP DOING THE WORK TO GET BETTER.**

#### **NO ACCIDENTS, ONLY MIRACLES**

**AS YOU REFLECT ON YOUR LIFE, YOU WILL OFTEN SEE THAT SOMETHING VERY POSITIVE IN YOUR LIFE WOULD HAVE NEVER COME TO FRUITION IF SOMETHING NEGATIVE HAD NOT HAPPENED FIRST THAT POINTED YOU TOWARD THAT POSITION. KEEP BELIEVING IN YOURSELF, KEEP EXHIBITING GRIT, AND GOOD THINGS WILL HAPPEN FOR YOU!**

### **SELF-REFLECTION**

**• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 6 "GRIT." TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).**

**DESCRIBE THE MOST SIGNIFICANT CHALLENGE YOU HAVE FACED AND THE STEPS YOU HAVE TAKEN TO OVERCOME THIS CHALLENGE. HOW HAS THIS CHALLENGE AFFECTED YOUR ACADEMIC, ATHLETIC, OR OTHER LIFE ACHIEVEMENTS?**

## BECOMING A GAMECHANGE ATHLETE

# TRAINING CAMP 7 / COURAGE

W

I THINK VULNERABILITY IS SOMETHING THAT PEOPLE STRUGGLE WITH. NOBODY WANTS TO BE IN A POSITION WHERE THEY MIGHT NOT LOOK SMART OR THEY MIGHT NOT BE ATHLETIC ENOUGH."

W

WE WANT TO OPERATE IN PROTECTION MODE. WE WANT TO PROTECT OURSELVES. SO THAT PROTECTION MODE IS INSTINCTUAL, BUT IT DOES PROTECT US FROM TRYING NEW THINGS."

W

IT'S THAT FIRST STEP, BELIEVING AND TRUSTING THAT YOU CAN ATTEMPT SOMETHING, AND IT MAY NOT LOOK GREAT, BUT MAYBE YOU HAVE ANOTHER OPPORTUNITY TO DO IT AGAIN, AND THEN BEFORE YOU KNOW IT, YOU'RE PRETTY GOOD AT IT."

DR. BRENE' BROWN IS ONE OF THE NATION'S FOREMOST THOUGHT LEADERS ON THE SUBJECT OF COURAGE. HERE IS WHAT SHE SAID WHEN DEFINING COURAGE: "VULNERABILITY IS OUR MOST ACCURATE MEASURE OF COURAGE."

BEING VULNERABLE OFTEN MEANS GETTING OUT OF YOUR COMFORT ZONE. IT IS HUMAN NATURE TO NOT WANT TO CHANGE WHEN YOU'VE GOTTEN COMFORTABLE. THERE IS OFTEN A FEAR THAT IF YOU CHANGE, IT WILL GET WORSE, NOT BETTER, OR THAT YOU WILL LOOK STUPID WHEN TRYING SOMETHING NEW THAT YOU ARE NOT GOOD AT. BUT HERE'S THE THING; YOUR COMFORT ZONE IS QUITE OFTEN THE ENEMY OF YOUR GROWTH.

IN THEIR GAMECHANGE TRAINING CAMP, COURAGE, PAUL MCDONALD AND JACK BARIC PROVIDE SOME PERSPECTIVES ON FACING YOUR FEARS AND GETTING OUT OF YOUR COMFORT ZONE.

### FEAR OF FAILURE

IT IS NORMAL TO HAVE A FEAR OF FAILURE. WE ALL EXPERIENCE IT. OUR BRAINS ARE WIRED TO PROTECT US FROM TAKING RISKS AND ALLOWING OURSELVES TO BE VULNERABLE. IT IS IMPORTANT TO RESIST THE TEMPTATION OF NOT TRYING BECAUSE WE FEAR THE EMBARRASSMENT OF FAILURE. ONE THING THAT IS IMPORTANT TO CONSIDER IS THAT OFTENTIMES OUR IMAGINED FEAR IS FAR WORSE THAN WHAT WOULD HAPPEN IF WE ACTUALLY TRIED TO DO THAT THING WE FEARED AND FAILED.

### FAILURE IS THE PAINFUL PRICE OF GREATNESS

IMAGINE A WORLD WITHOUT LIGHT. THERE IS A STORY THAT THOMAS EDISON FAILED A THOUSAND TIMES BEFORE HE SUCCEEDED IN CREATING THE LIGHT BULB. HIS COURAGE TO OVERCOME ANY INSECURITY HE MAY HAVE BEEN FEELING CREATED A MASSIVE GIFT TO HUMANITY. IT CAN BE SAID THAT IT WASN'T 1,000 FAILURES, IT WAS 1,000 STEPS TO SUCCESS. THIS IS THE OUTLOOK THAT YOU MUST CULTIVATE. THERE IS NO GREATNESS WITHOUT FAILURE. DO YOU WANT TO BE GREAT?

### COURAGE TO SEEK HELP

THERE CAN COME TIMES IN YOUR LIFE WHEN TRYING TO FIGURE OUT SOLUTIONS TO CHALLENGES ARE MORE THAN YOU CAN HANDLE ON YOUR OWN. IF YOU ARE STRUGGLING, ESPECIALLY WITH YOUR MENTAL HEALTH, THE BEST THING YOU CAN DO IS ASK FOR HELP. THAT HELP CAN COME FROM A FRIEND, PARENT, TEACHER, OR PROFESSIONAL HELP. WHATEVER THE FORM, ASK FOR HELP IF YOU NEED IT. LET'S ALL TOGETHER HAVE THE COURAGE TO MAKE THE WORLD A BETTER PLACE BY COMPLETELY REMOVING THE STIGMA OF TALKING ABOUT MENTAL HEALTH!

## SELF-REFLECTION

• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 7 "COURAGE" TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

WE ALL HAVE FEARS AND THINGS THAT MAKE US ANXIOUS. RECOUNT A TIME WHEN YOU ALLOWED YOURSELF TO BE VULNERABLE AND THE GROWTH THAT CAME WITH IT. DESCRIBE THE CHALLENGE YOU HAD TO FACE AND WHAT YOU DID TO MOVE THROUGH IT. DID YOU DO IT ALONE OR SEEK HELP TO FACE THE CHALLENGE?

# TRAINING CAMP 8 / POWER OF FORGIVENESS

W

IF YOU'RE AN ATHLETE, YOU KNOW HOW EASY IT IS TO BEAT UP ON YOURSELF. WHEN THINGS DON'T GO RIGHT, YOU START THINKING ABOUT THE MISTAKE YOU JUST MADE."

W

WHAT WILL HAPPEN IF YOU CONTINUE TO DWELL ON IT DURING THE NEXT GAME? SOMETHING MIGHT SURFACE THAT BRINGS THAT TO MIND AND THE MIND SAYS, 'HERE WE GO AGAIN.' YOU CAN'T GO THERE. GOT TO FLUSH IT, FLUSH IT, LET IT GO - NEW GAME, NEW DAY."

W

IT'S REALLY IMPORTANT, WHEN SOMEBODY'S HURT YOU AND HAS MADE A MISTAKE THAT HARMED YOU, TO FORGIVE THEM."

IT IS NEARLY IMPOSSIBLE TO MOVE FORWARD AND GROW IF YOU ARE CONSTANTLY LOOKING BACK AND DWELLING ON PAST HURTS. THEY COULD HAVE BEEN MISTAKES THAT YOU MADE OR TRANSGRESSIONS BY OTHERS AGAINST YOU. IN EITHER SCENARIO, THE BEST PRESCRIPTION FOR A MORE HEALTHY MINDSET IS TO FORGIVE THOSE ERRORS.

PAUL MCDONALD AND JACK BARIC EXPLAIN WHY HOLDING ONTO PAST TRAUMAS IS SO COUNTERPRODUCTIVE AND PROVIDE TIPS ON HOW TO FORGIVE YOURSELF AND OTHERS.

## POWER OF FORGIVENESS

PAUL USES THE ANALOGY OF A CUP OF TEA TO EXPLAIN THE IMPORTANCE OF FORGIVENESS. HOLDING ONTO PAST MISTAKES YOU'VE MADE, OR OTHERS HAVE MADE AGAINST YOU, IS SIMILAR TO POURING TEA INTO A CUP THAT HAS NEVER BEEN EMPTIED. THE TEA EVENTUALLY SPILLS AND MAKES A MESS. BY EMPTYING THE CUP (FORGIVING), YOU LEAVE ROOM FOR NEW AND BETTER EXPERIENCES TO ENTER, WHICH ALLOW YOU TO BE HEALTHIER AND MORE PREPARED FOR GROWTH.

## FORGIVE YOURSELF

JACK TELLS THE STORY OF TENNIS PLAYER SIMONA HALEP WHO COULDN'T REACH HER FULL POTENTIAL BECAUSE SHE FOCUSED SO STRONGLY ON MISTAKES SHE MADE AND BERATED HERSELF. IT GOT SO BAD THAT HER COACH QUIT. AFTER SIMONA CONVINCED HIM TO RETURN AND SHE BEGAN MAKING REAL EFFORTS TO STOP BEATING HERSELF UP, SHE MADE THE FINALS OF THE FRENCH OPEN AND THEN WON WIMBLEDON ONLY A YEAR LATER. PAUL ADVISES TO LEARN FROM YOUR MISTAKES AND THEN FLUSH THEM AWAY. LET GO OF THE PAST, MOVE FORWARD WITH A POSITIVE MINDSET, AND BE READY TO SUCCEED!

## FORGIVE OTHERS

HOLDING ONTO THE HURTS THAT OTHERS HAVE DEALT TO YOU CAN LEAVE YOU TRAPPED, PREVENTING YOU FROM MOVING FORWARD WITH A HEALTHY MINDSET. FORGIVING OTHERS IS NOT JUST A GIFT THAT YOU GIVE TO THEM BY RELEASING THEM FROM THEIR TRANSGRESSION, IT IS A GIFT YOU GIVE TO YOURSELF BECAUSE IT ALLOWS YOU TO MOVE FORWARD.

## SELF-REFLECTION

• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 8 'POWER OF FORGIVENESS.'"

WRITE A LETTER TO THE PERSON WHO HURT YOU (OR TO YOURSELF IF YOU ARE FORGIVING YOURSELF). YOU CAN CHOOSE TO SEND OR NOT SEND THE LETTER. EXPLAIN HOW THE ACTION AFFECTED YOU THEN AND STILL DOES TODAY. STATE WHAT YOU WISH THE PERSON (OR YOU) HAD DONE INSTEAD. END THE LETTER BY FORGIVING THEM (OR YOURSELF) AND, IF POSSIBLE, PROVIDE THEM UNDERSTANDING AND COMPASSION FOR THEIR OWN CIRCUMSTANCES THAT MIGHT HAVE LED TO THEIR ACTIONS.

# TRAINING CAMP 9 / BE CONSCIOUS

W

(CONSCIOUSNESS IS) BEING AWARE. IT'S BEING AWARE OF WHAT YOU'RE THINKING, WHAT YOU'RE TELLING YOURSELF."

W

ONE DEFINITION OF INSANITY IS DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING A DIFFERENT RESULT."

W

THERE'S NO QUESTION THAT WE ALL PERFORM BETTER, NO MATTER WHAT WE'RE DOING, WHEN WE'RE IN A RELAXED STATE."

IN LIFE, MOVING IN THE WRONG DIRECTION CAN HAPPEN SLOWLY AS YOU GENTLY STEER OFF COURSE AND EVENTUALLY FIND YOURSELF IN A PLACE THAT IS NOT ALIGNED WITH WHO YOU WANT TO BE OR WANT TO BECOME. BEING CONSCIOUS MEANS STAYING AWARE OF YOUR OWN EXISTENCE, THOUGHTS, AND FEELINGS. THIS IS AN IMPORTANT TRAIT TO CULTIVATE.

THE FIRST STEP IS TO UNDERSTAND WHO YOU ARE AND WHERE YOU WANT TO GO. IT'S IMPORTANT TO HAVE A PLAN, VISUALIZE YOUR SUCCESS, AND CALM YOUR MIND SO THAT YOU CAN PERFORM AT OPTIMUM LEVELS. THE FOLLOWING ARE VARIOUS TIPS FOR DOING THIS:

## ROADMAP JOURNAL (THE PLAN)

- 1) CREATE A JOURNAL. WRITE DOWN YOUR GOALS ON THE FIRST PAGE. WHERE DO YOU SEE YOURSELF IN YOUR ACADEMIC CAREER, YOUR PERSONAL LIFE, PROFESSIONAL CAREER, OR ON A PROJECT THAT IS IMPORTANT TO YOU? WHAT ARE THE STEPS TO GET THERE? THIS IS YOUR PLAN.
- 2) WORK THE PLAN! PICK ONE DAY A WEEK TO JOT DOWN PROGRESS. LIST ALL THE GOOD THINGS THAT HELPED MOVE YOU TOWARD YOUR GOAL. THESE DO NOT HAVE TO BE MONUMENTAL MOMENTS! THINK OF EVERY LITTLE POSITIVE THING YOU DID OR THAT HAPPENED. IT COULD BE AS SIMPLE AS TURNING IN YOUR HOMEWORK ASSIGNMENTS. NOW, WRITE DOWN WHERE YOU MIGHT HAVE FALLEN SHORT. FORGIVE YOURSELF FOR YOUR MISTAKES AND JOT DOWN THE STEPS YOU CAN TAKE TO DO BETTER NEXT TIME.
- 3) STUFF HAPPENS, SO PAY ATTENTION TO THE CURVEBALLS. ARE THERE ANY NEW VARIABLES THAT MIGHT CHANGE PARTS OF YOUR PLAN? WRITE DOWN THE NECESSARY ADJUSTMENTS YOU ARE MAKING TO REACH YOUR GOAL.

## MEDITATE

MANY PEOPLE FIND IT CHALLENGING TO MEDITATE. HERE ARE A FEW EASY WAYS:

- 1) CLOSE YOUR EYES OR LOOK IN THE MIRROR AND SAY A SIMPLE MANTRA OVER AND OVER AGAIN. "I LOVE YOU, I LOVE YOU, I LOVE YOU." OR, "I AM WHOLE, I AM ENOUGH, I CAN DO THIS."
- 2) GO TO YOUTUBE OR ANY NUMBER OF APPS FOR SIMPLE FIVE-MINUTE GUIDED MEDITATIONS THAT CAN LEAD YOU THROUGH SOME BREATHING MEDITATION EXERCISES.
- 3) TAKE A WALK ON THE BEACH OR NATURE HIKE. WALK SLOWLY. FOCUS ON THE SENSATION OF YOUR FEET TOUCHING THE GROUND WITH EACH STEP. SYNC UP YOUR BREATHING WITH THE RHYTHM OF YOUR STEPS. OBSERVE THE NATURE AROUND YOU.

## VISUALIZE

- 1) ON A REGULAR BASIS, TAKE A MINUTE OR TWO TO FIND A QUIET SPOT AND MAKE A LITTLE MOVIE IN YOUR HEAD BY CLOSING YOUR EYES AND VISUALIZING YOURSELF ACCOMPLISHING A GOAL YOU HAVE.
- 2) WHAT DOES IT LOOK LIKE? SOUND LIKE? WHAT EMOTIONS ARE YOU FEELING?
- 3) WHEN IT'S TIME TO ACTUALLY PERFORM, YOUR "MOVIE" WILL PLAY AND ALL YOU HAVE TO DO IS LET THE MUSCLE MEMORY TAKE OVER!

## TRAINING CAMP 10 / GRATITUDE

W

AS YOU'RE LOOKING FOR POSITIVE THINGS, YOU START HAVING A MORE POSITIVE OUTLOOK."

W

SCARCITY (MINDSET) IS FEAR-BASED. THERE'S ONLY SO MANY SLICES OF THE PIE, SO I'VE GOT TO GET MINE. IT'S DOG EAT DOG. IT'S VERY LIMITING."

W

(COACHES) WANT PLAYERS WHO ARE GOING TO PLAY FOR THE TEAM, PLAY FOR EACH OTHER, AND NOT WORRY ABOUT GETTING THEIR POINTS, GETTING THEIR STATS."

LEARNING GRATITUDE PLAYS A SURPRISINGLY LARGE ROLE IN THE TRAINING OF ELITE TEAMS, SUCH AS OLYMPIC ATHLETES AND NAVY SEALS. WHY? BECAUSE LEARNING TO APPRECIATE WHAT WE HAVE PUTS THE FOCUS ON RESOURCES AVAILABLE TO US RATHER THAN LAMENTING THE THINGS WE DON'T HAVE.

A GRATEFUL PERSON IS MUCH MORE APT TO BE A PROBLEM SOLVER WHO MAKES USE OF WHAT THEY HAVE AT THEIR DISPOSAL RATHER THAN ONE WHOSE FOCUS IS ON WHAT'S MISSING. GRATITUDE ALSO ALLOWS HIGH PERFORMERS TO ENJOY THEIR TIME UNDER THE BRIGHT LIGHTS RATHER THAN FEELING ANXIOUS ABOUT THEIR PERFORMANCE.

IN THEIR TRAINING CAMP ON GRATITUDE, PAUL MCDONALD AND JACK BARIC SHARE STORIES ABOUT ATHLETES WHOSE ADOPTION OF PRINCIPLES RELATED TO GRATITUDE ALLOWED THEM TO HAVE GREAT SUCCESS.

### FOCUS ON GRATITUDE

PAUL TELLS THE STORY OF A HIGH SCHOOL FOOTBALL PLAYER WHO WAS IN A SLUMP. THE ATHLETE HAD COMMITTED TO PLAY FOR A MAJOR COLLEGE TEAM AND WAS STARTING TO FEEL LIKE HE WASN'T MEETING THE EXPECTATIONS OF BEING A D1 ATHLETE. PAUL SPOKE TO HIM ABOUT FOCUSING ON HAVING GRATITUDE FOR THE CHANCE TO PLAY A GAME HE LOVED WITH FRIENDS FROM SCHOOL, AND WITH FAMILY WATCHING IN THE STANDS. IN THE VERY NEXT GAME, THE YOUNG MAN CAUGHT FIVE TOUCHDOWN PASSES AND WAS HIS COUNTY'S OFFENSIVE PLAYER OF THE WEEK.

### SCARCITY MINDSET vs ABUNDANCE MINDSET

HAVING A SCARCITY MINDSET CREATES A FEAR OF LOSING OUT BECAUSE THERE ARE NOT ENOUGH RESOURCES AVAILABLE. THIS FOCUS ON WHAT'S MISSING OFTEN PREVENTS PEOPLE FROM DREAMING BIG BECAUSE OF THEIR INABILITY TO GRASP ALL THE WORLD HAS TO OFFER. THIS TYPICALLY CREATES A SELFISH PERSON WHO HOARDS WHATEVER THEY HAVE. THE OPPOSITE, A PERSON WITH AN ABUNDANCE MINDSET, UNDERSTANDS HOW MUCH IS AVAILABLE IN THE UNIVERSE AND SEES OPPORTUNITIES EVERYWHERE.

### ABUNDANT MINDSET TEAMMATE

JACK TELLS THE STORY OF QUARTERBACK ALEX SMITH WHO MENTORED TWO BACK-UP QUARTERBACKS, COLIN KAEPERNICK WITH THE 49ERS AND PATRICK MAHOMES WITH THE CHIEFS, BOTH WHO WOULD END UP REPLACING HIM AS STARTING QUARTERBACK. ALTHOUGH NFL QUARTERBACK JOBS ARE RARE, ALEX OPTED TO BE A GREAT TEAMMATE WITH AN ABUNDANCE MINDSET ATTITUDE THAT THERE WOULD ALWAYS BE A PLACE FOR HIM IF HE WORKED HARD AND DID THE RIGHT THING. HIS ATTITUDE WAS LATER VALIDATED WHEN THE WASHINGTON COMMANDERS SIGNED HIM TO A MASSIVE \$94 MILLION CONTRACT.

## SELF-REFLECTION

• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 10 'GRATITUDE.'" TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

REFLECT ON SOMETHING THAT SOMEONE HAS DONE FOR YOU THAT HAS MADE YOU HAPPY OR THANKFUL IN A SURPRISING WAY. HOW HAS THIS GRATITUDE AFFECTED OR MOTIVATED YOU?

## TRAINING CAMP 11 / BE A GREAT TEAMMATE

**W** THERE WAS GREAT TRUST WITH THE PLAYERS ON OUR TEAM. I TRUSTED THAT THIS GUY IS GOING TO DO HIS JOB. HE TRUSTED THAT I WAS GOING TO DO MY JOB."

**W** IF YOU'RE A HIGH SCHOOL STUDENT ATHLETE AND YOU'RE TRYING TO MAYBE GET TO THE NEXT LEVEL, YOU'RE VERY CONCERNED WITH YOUR STATISTICS BECAUSE YOU WANT TO GET RECRUITED...AND SO YOU REALLY, REALLY FOCUS ON YOURSELF INSTEAD OF THE TEAM. IF YOU TALK TO ANY NUMBER OF COACHES, THEY WILL TELL YOU, THEY CAN SNIFF OUT THAT PLAYER... THEY DO NOT WANT THAT KID ON THEIR TEAM."

BEING A GREAT TEAMMATE SHOULD NOT BE LIMITED TO HOW YOU CONDUCT YOURSELF ON A TEAM, BUT HOW YOU TREAT OTHERS THROUGHOUT YOUR LIFE. IT'S PRETTY SIMPLE - WE ALL NEED SUPPORT! THERE ARE TIMES WHEN WE PROVIDE THE SUPPORT, OTHER TIMES WHEN WE RECEIVE IT.

IN THEIR TRAINING CAMP, "BE A GREAT TEAMMATE," PAUL MCDONALD AND JACK BARIC EXPLORE VARIOUS IDEAS ON HOW TO GIVE AND RECEIVE THE SUPPORT THAT WE ALL NEED IN THIS GAME THAT WE CALL LIFE.

### BODY LANGUAGE

SUPPORTING YOUR TEAMMATES IS A LOT HARDER WHEN YOU FIND YOURSELF OFTEN SITTING ON THE BENCH. HOWEVER, IT IS THIS TIME OF ADVERSITY THAT CAN REVEAL A LOT ABOUT YOUR CHARACTER. JACK TELLS THE STORY OF HOW LEGENDARY UNIVERSITY OF CONNECTICUT WOMEN'S BASKETBALL COACH, GENO RURIEMMA, ACTUALLY FILMS HIS TEAM BENCH DURING GAMES AND IF HE SEES PLAYERS SLUMPING INSTEAD OF CHEERING, HE DOESN'T PLAY THEM THE NEXT GAME.

### PICKING YOUR TEAM

JACK AND PAUL DISCUSS HOW IMPORTANT IT IS TO PICK YOUR PERSONAL TEAM (AKA YOUR FRIENDS). ARE YOUR FRIENDS SUPPORTIVE AND GIVE YOU THE LOVE THAT WE ALL NEED? ARE YOU SUPPORTIVE OF THEM? IF THE ANSWER IS NO, YOU MIGHT WANT TO GO BACK TO THE DRAFT BOARD.

### MENTORSHIP

WE ALL NEED SUPPORT FROM FAMILY OR A COACH OR A TEACHER. IF YOU ARE NOT FORTUNATE ENOUGH TO HAVE ANY OF THOSE THAT SUPPORT YOU (AND EVEN IF YOU DO), YOU MIGHT WANT TO SEEK A MENTOR. THERE ARE PLENTY OF PEOPLE WHO WANT TO HELP. JUST ASK! AND DON'T JUST SEEK MENTORSHIP - BE A MENTOR! IF YOU ARE A STUDENT ATHLETE, SURELY THERE ARE YOUNGER ATHLETES WHO LOOK UP TO YOU AND COULD USE YOUR SUPPORT.

### CHANNELING YOUR STRUGGLES FOR OTHERS

WE HAVE ALL HAD STRUGGLES IN OUR LIVES, SOME MORE, SOME LESS. YOU CAN BE PRETTY SURE THAT THERE ARE OTHERS WHO ARE CURRENTLY DEALING WITH THE SAME TYPE OF ADVERSITY THAT YOU MIGHT HAVE ONCE FACED. ONE OF THE GREATEST THINGS ANY HUMAN CAN DO IS TO BE THERE FOR SOMEONE WHO IS EXPERIENCING THE SAME HURTS THEY HAVE ONCE HAD.

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## SELF-REFLECTION

• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 11 'GREAT TEAMMATE.'" TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).

DESCRIBE AN EXAMPLE OF YOUR LEADERSHIP EXPERIENCE IN WHICH YOU HAVE POSITIVELY INFLUENCED OTHERS OR CONTRIBUTED TO GROUP EFFORTS OVER TIME.



**WHEN YOU ARE PLAYING WITH PURPOSE, YOU ARE PLAYING WITH POWER."**



**IT'S LOVING AND SERVING THAT WILL GIVE YOU AMAZING CONFIDENCE AND SELF-BELIEF."**



**YOU'LL REMEMBER THAT TIME WHEN YOU WERE IN THE COMMUNITY DOING THINGS WITH YOUR TEAMMATES THAT MADE THE PLACE YOU LIVE A BETTER PLACE AND (THERE'S) NOTHING BETTER YOU CAN DO THAN THAT."**

**SPORTS, ESPECIALLY HIGH SCHOOL SPORTS, SHOULD BE FUN! MAKE SURE THAT DURING YOUR CAREER AS A STUDENT ATHLETE YOU TAKE THE TIME TO APPRECIATE HOW COOL IT IS TO JUST HAVE THE OPPORTUNITY TO PLAY. HOWEVER, GAMES ON THE FIELD OF PLAY ARE LIMITED AND LIFE IS LONG, SO IT IS IMPORTANT THAT YOU TAKE THE LESSONS YOU HAVE LEARNED FROM PLAYING SPORTS WITH YOU EVERYWHERE YOU GO.**

**JUST LIKE THE DREAM OF A TEAM AT THE BEGINNING OF THE SEASON IS TO WIN A CHAMPIONSHIP, A GAMECHANGE ATHLETE'S GOAL IS TO LIVE A CHAMPIONSHIP LIFE. IN THEIR TRAINING CAMP ON LIVING A CHAMPIONSHIP LIFE, PAUL MCDONALD AND JACK BARIC PROVIDE THEIR PERSPECTIVES ON HOW TO DO THIS.**

### **WHY THE STANLEY CUP IS COOL**

**WINNING A CHAMPIONSHIP CAN BE A EUPHORIC EXPERIENCE FOR THE ATHLETES ON THE WINNING TEAM AS THE CONFETTI FALLS AND THEY HUG EACH OTHER AND EVERYONE IN SIGHT. IN THE NHL, THAT EXPERIENCE GETS TO BE EXTENDED TO THE COMMUNITIES OF EACH PLAYER'S HOMETOWN BECAUSE OF A NEAT TRADITION THAT ALLOWS THEM ALL TO HAVE A DAY WHERE THEY CAN BRING THE STANLEY CUP HOME WITH THEM. THE ABILITY TO SHARE YOUR TRIUMPHS WITH LOVED ONES IS SOMETHING THAT SHOULD NEVER BE TAKEN FOR GRANTED.**

### **PLAYING WITH PURPOSE**

**JACK TELLS THE STORY OF HOW MUCH IT MEANT FOR WNBA STAR ELENA DELLE DONNE TO PLAY FOR THE CLASSMATES OF HER SISTER LIZZIE WHO, LIKE HER, HAD CEREBRAL PALSY. PLAYING FOR THEM GAVE PURPOSE TO DELLE DONNE'S BASKETBALL CAREER. THERE IS GREAT POWER IN DOING THINGS ON BEHALF OF CAUSES THAT ARE GREATER THAN YOURSELF.**

### **BALANCE**

**PAUL TELLS THE STORY OF HOW MUCH IT MEANT TO HIM TO PLAY CATCH WITH HIS SON BEFORE EVERY GAME WHEN HIS SON WAS A QUARTERBACK AT USC. THE DRIVE TO EXCEL CAN CREATE REALLY BUSY SCHEDULES FOR HIGH PERFORMERS, BUT IT IS VERY IMPORTANT TO HAVE BALANCE IN YOUR LIFE, ESPECIALLY TO MAKE TIME FOR LOVED ONES. PLAY CATCH WITH YOUR PARENT!**

### **LOVE AND SERVE**

**PAUL SUMS UP THE CORE IDEA OF BECOMING A GAMECHANGE ATHLETE AND WHY THE COMPANY WAS STARTED. HE SAYS, "THE REASON WE'RE HERE ON THIS PLANET IS TO LOVE AND SERVE." THAT IS THE ESSENCE OF A CHAMPIONSHIP LIFE!**

## **SELF-REFLECTION**

**• OPEN YOUR "BECOMING A GAMECHANGE ATHLETE" ESSAY WORD DOCUMENT. WRITE THE HEADLINE, "TRAINING CAMP 12 'CHAMPIONSHIP LIFE.'" TYPE IN THE PROMPT LISTED HERE AND ANSWER WITH AN ESSAY (MAX 350 WORDS).**

**WHAT HAVE YOU DONE TO MAKE YOUR FAMILY, FRIEND GROUP, TEAM, SCHOOL OR COMMUNITY A BETTER PLACE? WHY WERE YOU INSPIRED TO ACT? WHAT DID YOU LEARN FROM YOUR EFFORT? HOW DID YOUR ACTIONS BENEFIT OTHERS? DID YOU WORK ALONE OR WITH OTHERS?**