

# **Guidelines for a Healthy & Successful Program**

*Defining what you want and how to get it.*

What are people going to get when they show up?

1. Positive attitude & Accountability
2. Decide on YOUR goals, How your are going to achieve them and BELIEVE in them.
3. Measure success by effort not wins
4. Be flexible with your goals but not your philosophy
5. What works for one might not work for another
6. Follow what you believe in if you feel it is right.
7. Know that setbacks (not failure) are a huge part of being a successful coach.
8. Underlying philosophy should be to get the most out of what you have.
9. Realize the more success you have the critics you will have.
10. Make decisions that are best for the kids and the total program