

# COACHING PHILOSOPHY

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My coaching philosophy begins with my purpose for coaching: *To be significant in the lives of young people, leading with love and trust to cultivate lifelong relationships.* I have been blessed to have such a strong passion to help others succeed. The Lord has blessed me with a gift of creating and building relationships through coaching. To be significant is having a transformational influence upon those I serve. Next, I lead with my **core values of commitment, together, discipline, toughness, attitude/effort, and pride.** I love coaching, love seeing people grow, and love the relationships forged through the player/coach relationship. Strong relationships are founded in the trust gained through the consistency of my words and actions. A unified team is created through the connections made between players, resulting in a family. People are willing to do great things for those they love. The most important factor in team culture is the ability to get more excited for someone else than yourself.

I believe in servant leadership and helping those I serve meet their goals and dreams. My role as a leader is to help people get what they want out of life. I will invest in the people I work with and help them grow as a person and a player. Sports psychologist Fergus Connolly offers “Coach the person first, player second.” A player’s growth is directly connected to the relationship that exists between the player and coach. Players don’t care how much you know until they know how much you care.

In any education setting, athletes must commit to being students first, athletes second. I understand that not everybody commits to this, but it is a foundation of my program. Hard work

in the classroom will get you so many more places in life than football will. I am a passionate teacher of the skills and fundamentals needed to be a successful football player. I have been blessed to learn football from great coaches, experience as a coach myself, watching the game, and professional development through clinics/videos/books. I love learning how to be a better coach both on and off the field. I love the game of football and all of the great things that we can learn from this game. I work to transfer that energy to my players to achieve their maximum performance.

Our players will learn how to be winners in life and on the field which ultimately means doing the right things, focusing on the process to reach your goals, and giving a relentless effort to achieve these goals. Recognizing and celebrating the contributions of everyone who helps make the program operate is not only a priority but motivates people to do more. Two major factors that are in our control is attitude and effort. As coaches & players, we will project positive thinking, energy, words, & body language. Hard work is necessary to get better at anything. What you put into something you'll get out of it. This is so true with the game of football as well. In order to be successful, one must be a winner in life first. This is achieved through a commitment to a year-round intense strength and conditioning program, proper nutrition, and commitment to the program. Furthermore, it's critical to have the mindset of constantly improving both physically, mentally, and spiritually. Improve daily! The most important reason to play sports is to have fun! My ultimate goal for every student-athlete that I coach is to become the best version of themselves, and lead a life of integrity as future spouses, parents, employees, and community members.

