

**PLAY LIKE
A CHAMPION
TODAY**

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Weekly Coach Note

Champion Coach Note: Ownership is Leadership

A leader is someone who is capable of influencing others to achieve a goal. As a coach, it is vital to understand the responsibilities of being an upstanding and positive leader. Leaders motivate. Leaders inspire. Leaders build confidence. Leaders do what is right. Leaders demonstrate courage and encourage others to do the same. Leaders are willing to make the right decisions, even if they are unpopular. All of these responsibilities fall to you, as a coach. A good leader must also have the following:

1. **Loyalty** – you must have loyalty to your players, loyalty to your school, and loyalty to your goals. Having faith in the relationships with the players under you and the administrators above you is essential in order to foster the best possible community at your school.
2. **Knowledge** – you must understand your sport and your school if you are to command the respect of your team. Always strive to learn more. Coaches, as teachers, must be life-long learners.
3. **Integrity** – you must do the right thing, even when no one is watching. Think about what kind of person you want to become and what kind of people you want your players to be.
4. **Courage** – you must tell your players and those around you what they may



“Tell me and I forget, teach me and I may remember, involve me and I learn.”

~ Benjamin Franklin

Hold a team discussion on the topic:
"OWNERSHIP IS LEADERSHIP"

Ask your players to consider and answer these questions:

- What does it mean to play sports for a Catholic school?
- Should I act differently? If so, How?
- Do I act differently?
- How can we help each other as teammates to hold ourselves to a higher standard of excellence in character?

not want to hear. Make unpopular decisions that you know to be right.

As a coach, your job is much more than teaching your players how to play a game. You are also teaching them how to act as individuals. You are an important role model in their lives, whether they openly acknowledge it or not. Only with all four of the above characteristics can an individual be a true leader. Reflect on these questions today:

- Have I demonstrated positive behavior in practices and at games?
- Do I make decisions based on the values I want my players to emulate?
- Am I honest and open with my athletes?
- Do I do the right thing even when no one is watching?
- Do I make the effort to learn in order to better equip myself to lead my team?
- Do I hold to my values even in the face of opposition?

Have you reflected on your leadership style recently? By demonstrating good leadership qualities yourself, you are encouraging your athletes to do the same. Leadership skills are learned both through experience and observation. Remember that part of your job is to form future leaders, and how you model leadership with your team makes the key difference!