



DEVELOPING A STUDENT-ATHLETE PERSONAL “PANDEMIC PORTFOLIO”

“The Future belongs to those who Prepare”





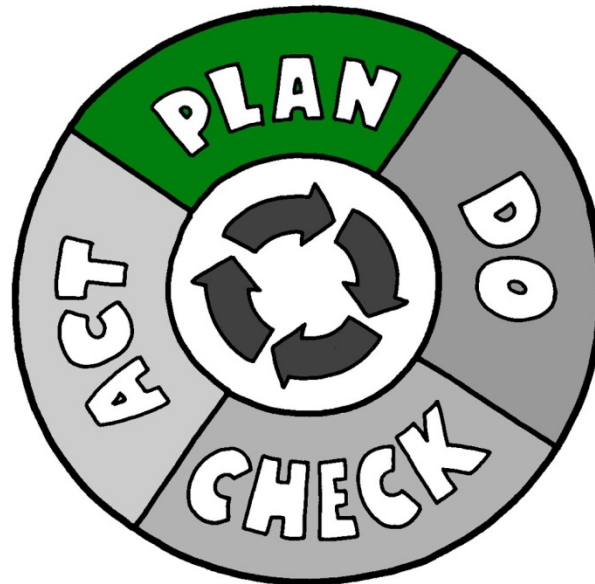
College Coaches investigate an Athlete's personal work ethic

- What sets you apart from other recruits?



Core Belief #1 : HOPE

- Hope is not a plan without **ACTION**



- *"Success is the residue of design"*



Core Belief #2: Create a competitive edge

- Taking care of **"TODAY"** is a **SKILL**



- Create a daily routine for self improvement



Core belief #3: Productive “Gap Time”

- Prepare to “seize” Opportunity when it comes
- The Nelson Mandela story: Plan for future opportunities



- Make good use of time to develop specific skills
- Identify & Follow an organized disciplined regimen of skill enhancement activities



Core Belief #4: Preparation breeds & creates confidence

- Strive to reach “Personal Best”



- Take developmental steps to improve performance



Core Belief #5:

Develop 6 key “Indexes” for success

- Academic Preparation
- College research & communication
- Positive Parent & Adult Relationships
- Character Development
- Athleticism & Fitness
- Specific Sport Skills



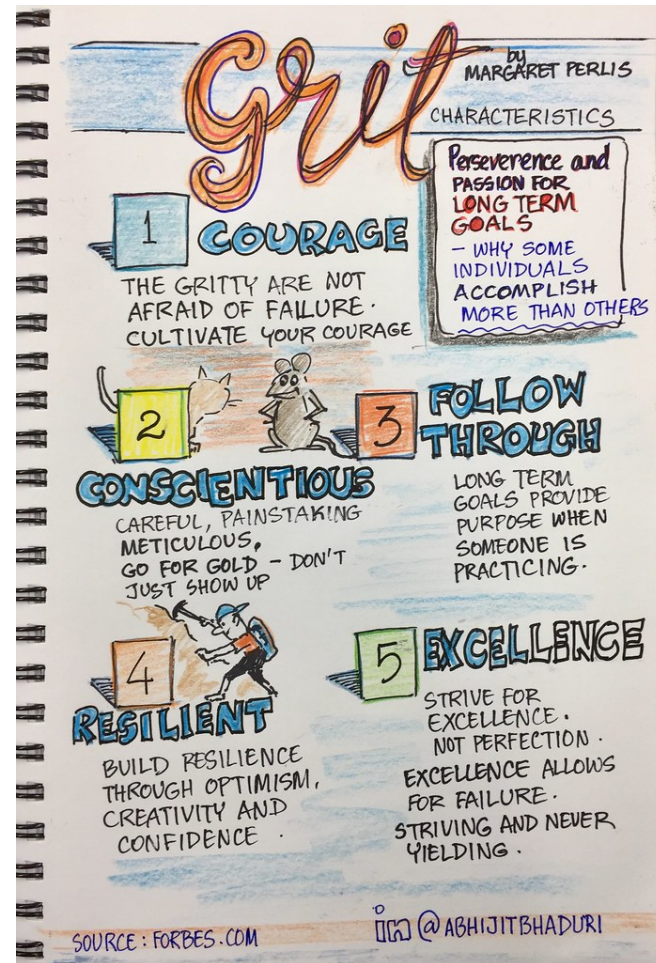


Core Belief #6: Ability to Cope with ADVERSITY

- How you deal with it defines character



- The “Grit Factor”





Pride in your Personal Portfolio

- You are the “Conductor” of your very own symphony



- A carefully orchestrated plan will enhance your appeal to a college coach