

COACH SANDLIN'S COACHING PHILOSOPHY

GOING FROM GOOD TO GREAT

EXPECT EXCELLENCE

"CHAMPIONS ARE NOT EXTRAORDINARY PEOPLE; THEY ARE NORMAL PEOPLE WHO WORK HARD TO ACHIEVE EXTRAORDINARY THINGS"

"GREATNESS DOESN'T HAPPEN BY CHANCE, IT'S A CHOICE."

Keys to being your best self:

- Positive attitude
- Work ethic
- Mental Toughness
- Commitment to improving yourself and others around you

I. Positive attitude

- Turn "I have to" into "I get to"
- Train your mind to see the good in everything
- Learn from negative situations and move on

II. Work Ethic

- Be an everyday person
- Small daily wins

III. Mental Toughness

- Doing the right thing even with others are not watching
- "If you really want to do something you will either find a way or find an excuse"
- Continually picking yourself back up when circumstances are against you

IV. Commitment to improving yourself and others

- Doing what is right for others and putting yourself second
- "At the end of the day what you achieve in your job does not validate you. Instead, it's how you are perceived by your family and friends and what the kids on the team get out of it beyond wins and losses."

-Brad Stevens