



Fowlerville High School Athletics

700 N Grand Ave
Fowlerville, MI 48836

May 15, 2020 - Student Athlete Meeting Agenda

- Personal & Academic Check-in
- Community Service Challenge (Mailman, FedEx, UPS, etc - sign and water?)
 1. **Sign for your mailman, FedEx/UPS drivers...maybe add a drink?**
 2. **Call 5 friends the next 5 days...not SnapChat.**
- Video Discussion – Please watch the link below:
 - i. [What Drives Winning - What's the Solution](#)
 1. **Attitude**
 - ii. [Performance/Moral Skills Checklist](#)
- Questions/Concerns
 1. **What challenges do you foresee returning to sports and school this summer/fall?**
 - i. **No Fans**
 - ii. **Small groups**
 - iii. **It could be very hard but you will have to play for the "love of the game."**
- Responsible Athletes
 1. Take Charge of your choices
 - i. 100/day - 700/wk - 2800/month - 36,400/yr
 - ii. 3,000,000 by the time your 80 (500,000 by 15)
 2. Make Helpful vs Hurtful choices
 - i. You are free to choose but you are not free from the consequences of your choice.
 1. Show up early & leave late?
 2. Invest in your craft?
 3. Fighting to finish first in drills?
 4. Are you skipping reps in the weight room?
 5. Value coaches feedback?
 6. Diet...
 7. Schoolwork...time will tell.
 8. Social life
 9. Social media
 - ii. **PAY ME NOW OR PAY ME LATER**
 3. Discipline yourself
 - i. We've all played for a coach that provides discipline...that only last for a few years. Self-Discipline is the only discipline that will last.
 1. Don't make other babysit you
 2. Don't waste your teammates or coaches time.
 3. Discipline yourself so others don't have to.
 4. Control the Controllables
 - i. Attitude, effort, focus, rest, character, etc
 - ii. Opponents, officials, weather, last play, playing time, etc
 5. Own and Learn from Mistakes
 - i. Recognize it, admit it, learn from it, move on...
 1. QB will only complete 60% of passes



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2. Soccer players will miss 90% of shots
3. BA/SB will not get a hit 70% of the time...
- ii. Mistakes happen, failure happens
- iii. W.I.N.
6. Follow through and finish
 - i. We are not measured by our intentions, but by our actions.
 1. Sense of urgency, priorities, execute daily, build in backup plans, finish the job completely.
- Moving from good to great
 - i. Responsibility never ends. It's not a chapter. You don't finish and move on. Responsibility is a constant state of being.
 1. **C**onstant **A**nd **N**everending **I**mprovement
 - a. Improvement doesn't happen by accident
 - b. Improvement isn't a one-time occasion
 - c. Improvement requires a plan
- Workouts
 1. SP Virtual Sessions - Work with Austin/Will to execute this
 - i. Limited bandwidth
 2. Share links
- Roundtable
 1. **MSU Volleyball player Meredith Norris added great content**
 - i. **Appreciate what you have daily**
 - ii. **Don't take things for granted**
 - iii. **When we return play with passion and love it!**
 2. **Concordia FB player/FHS Intern Nick Semke**
 - i. **Shared about adversity at the start of his Varsity FB Career**
 1. **Decisions, being held accountable and owning mistakes**