

MANAGER

CEO

STRENGTH COACH

TECHNICIAN

EFFORT
POWER

CONDITIONING
LEADERSHIP

AGILITY

MENTAL TOUGHNESS
PRINCIPLES

ENTREPRENEUR

ATTITUDE
STRENGTH
TEAMWORK

IMAGERY

MOTIVATION

SKILL ACQUISITION

PERIODIZATION
PROGRAM DESIGN

SPEED
CULTURE
BALANCE
NUTRITION

TODAY

- T+M+E = SUCCESS
- My Journey
- Recommendations



KCTV
5
NEWS

O T T A W A U N I V E R S I T Y

BRAVES

The logo for Ottawa University, featuring a stylized 'OU' monogram inside a jagged, sunburst-like shape. A small 'TM' trademark symbol is located at the bottom right of the logo.



PEREZ
44

OVSTAD
4

Kansas City
25

Kansas
8

PEREZ
13









BULLS

FOOTBALL











E

TECHNICIAN

Principle Based

Not Philosophy Based

- Overload
 - Progression
 - Balanced
- Development
- Perfect
- Technique
- variety

- Supervision
- Reversibility
- specificity
- Periodization
- Evaluation

“As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”

ralph waldo emerson

SHARPEN THE SWORD

A close-up photograph of a person's hands sharpening a sword on a stone. The person is wearing a dark, textured sleeve. The sword has a dark hilt and a silver blade. The background is a blurred forest scene with green foliage and some warm, out-of-focus lights.

- Manuals
- Site Visits
- Books
- Website
- Research
- Peers

FOLLOW

ONE

COURSE focus

UNTIL

SUCCESS

MANAGER

MANAGE - FAMILY



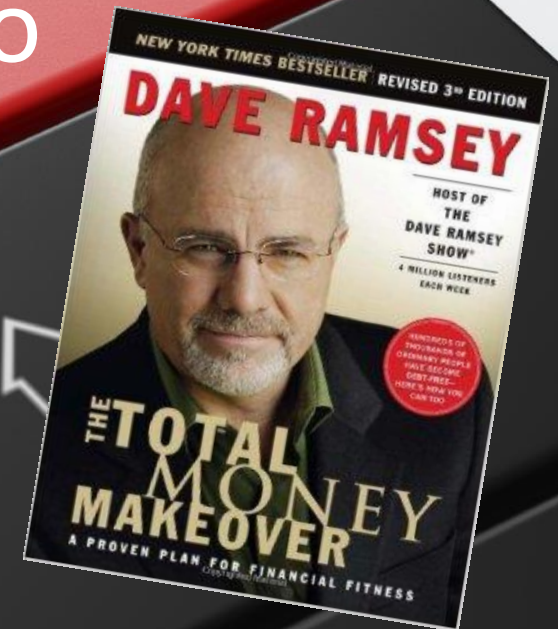
A close-up photograph of a medieval knight's gauntlet, made of metal plates, holding the hilt of a sword. The background is a blurred, metallic surface, possibly part of a castle or a museum display. The lighting is dramatic, highlighting the texture of the metal and the grip of the sword.

RAISING A MODERN DAY KNIGHT

- Tell them you LOVE them.
- Tell them you are PROUD of them
- Tell them what they DO
WELL.

FINANCIAL PEACE

- Emergency Fund \$1,000
- Start Debt Snowball
- Complete Emergency Fund
- Invest 15% of income into retirement.
- Save for college
- Build wealth like crazy.



MANAGE - ATHLETES

- Spell LOVE = T.I.M.E
- Goals
- Discipline



MANAGE – SUPERIORS/COLLEAGUES

- Coaching Relationships
- Administrators
 - Keep Informed
 - Show Respect
 - Avoid Arguments
 - Estimate Your Advantages
- Staff

MANAGE - STAFF



- Do's and Don'ts
- Hiring People
- Managing your Expectations/Responsibilities
- Evaluating
- Managing Money Situation

RESOURCES

- Equipment
- Budget

PROFESSIONAL BUDGET

- Define Your Needs
 - Make Whole, Needs, Wish, Major Purchases
- Gather Intel
 - Full MSRP, 2 Comparisons
- Present
 - Packets include solutions
- Fundraise
 - Coaches, Power Club, Social Media
- Take care of what you have.

TIME

- Schedule for Success
- Communicate
- Utilize Technology
- Take Advantage of Free Time
- Dealing with Distractions
- Death By Meeting

SCHEDULE FOR SUCCESS

- Revenue Producing Sports
- Gate Admission Sports
- Non Revenue
- Hierarchy
 - Offseason over Inseason
 - Team over Individual/Small Group
 - Large Team over Small Team
- Inseason schedule in class blocks

Communication and Technology

- Google Docs
- Pic Monkey
- Canva
- Fiverr
- Screen flow
- iMovie
- Audible
- Elance
- Trello
- Evernote
- Dropbox



**TAKE ADVANTAGE OF
FREE TIME**



DEALING W/ DISTRACTION

- Email
- Disorganization
- Phone Calls, Texts, IM
- Internet
- People
- Stay Healthy
- Projects and Tasks

DEATH BY MEETING



- Daily Check In
- Weekly Tactical
- Monthly Strategic
- The Offsite Review/Quality Control

EXPERIMENT

You are your own corporation

PERSONAL BRANDING



5 TIPS TO BRAND YOURSELF

- Define your brand and become an expert
- Make your personal brand targeted.
- Establish an Online Presence and control google results
- Generate brand awareness through networking.
- Create a system.

Employee

E

You Have A JOB

"B" Type
Business Owner

B

You Own A System
That Works For YOU!

Self Employed

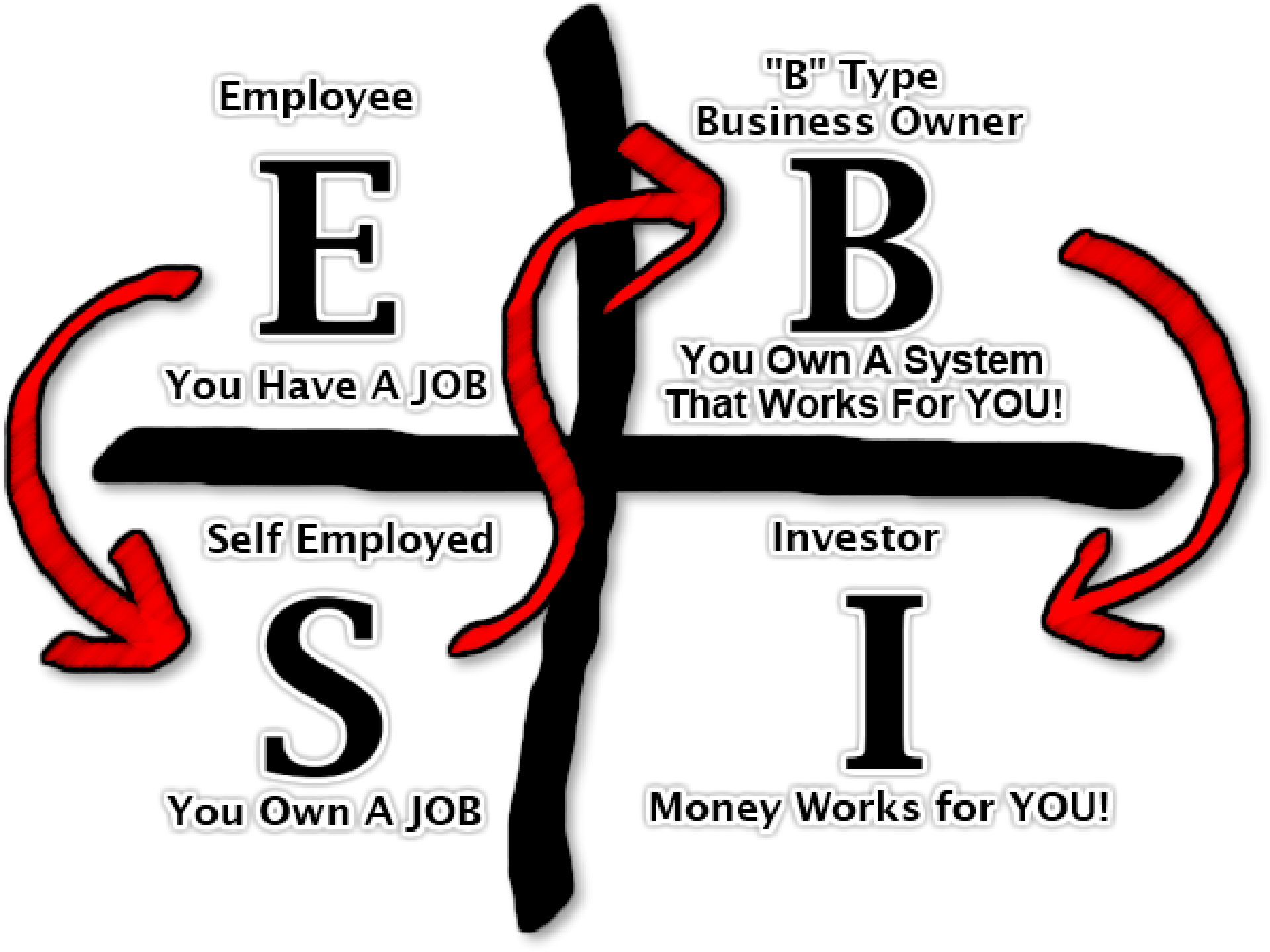
S

You Own A JOB

Investor

I

Money Works for YOU!



MULTIPLE STREAMS OF INCOME



STEPS

- Establish financial security
- Clarify your unique value.
- Identify your market
- Build a community
- Create a solution
- Plan the launch

THANKS!

➤ Questions?

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➤ Thank You!