

Chess not Checkers  
Baylor Athletic Performance

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Video Credits

- Video

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Stress Review

- We apply and manage stress on our athletes for a living



- But what about managing stress for ourselves?



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## Introduction

- What is our job?

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## Introduction

- Squat, Clean, Press, Pull



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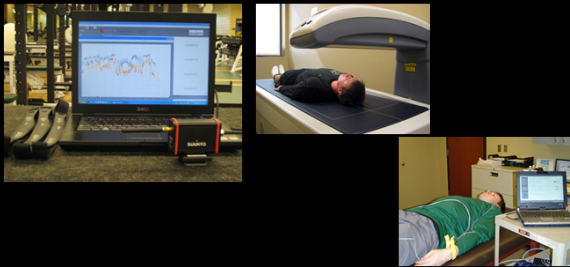
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## Introduction

- Prowler Sprints, Tendo, Omegawave, DXA, Supplement cabinet, Dartfish, D2 board



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### Introduction

- How do we get these things?
- How do we understand these things?
- How do we make time to utilize these things?

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### 5 Rules

1. Who we represent/what do we want?

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### 5 Rules

2. Who do they represent/what do they want?

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5 Rules

3. Personal Factors

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5 Rules

4. Integrate

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### 5 Rules

5. Embrace the Process

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### The Myth of Administration

“Have a plan or prepare to be a part of someone else’s”

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### The Myth of Administration



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The Myth of Administration

$$(C + W) \times P = A$$

C = Communication  
W = Work  
P = Perception  
A = Administration

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The Myth of Administration

- The Golden Rule

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Know what they want and why

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- Video

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### Know what they want and why

- How do we give it to them?
  - Emails
  - Evaluations
  - Practice/Competition Attendance

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### The Hiring Process

“Every minute spent up front saves you weeks down the line”

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### Hiring Process

- SWOT Analysis
  - Strengths
  - Weaknesses
  - Opportunities
  - Threats

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### Hiring Process

- Example: Muadianvita Machkaz Kazadi
  - Strengths – Athletic Resume, Network, Clear Vision, Passion
  - Weaknesses – Educational Background, Experience, Passion
    - TCU Video
  - Opportunities – Build a top tier department
  - Threats – Opportunity, Relationships/Balance, Performance

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### Hiring Process

- Hire opposite your weaknesses
  - Clones enhance weakness
- When in doubt, keep looking
- Be aware of hiring from within
  - Are you filling a role or a position?

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## Delegating Effectively

"The best executive is the one who has sense enough to pick good people for what they want done and self-restraint enough to keep from meddling with them while they do it"

- Theodore Roosevelt

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## Delegate Effectively

- Let the staff work to their strengths
- Avoid Over-Management
  - Give goals, provide resources, demand results
- Invite challenge

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## Delegate Effectively

Level 4

vs.

Level 5



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## Credibility

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- ### Credibility
- This stuff only works if you have previously established credibility
  - Relationships
  - Professionalism
  - Propaganda

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## Embrace the Process

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## Embrace the Process

- We chose to stop complaining / Find the source
- We are either part of the solution or part of the problem

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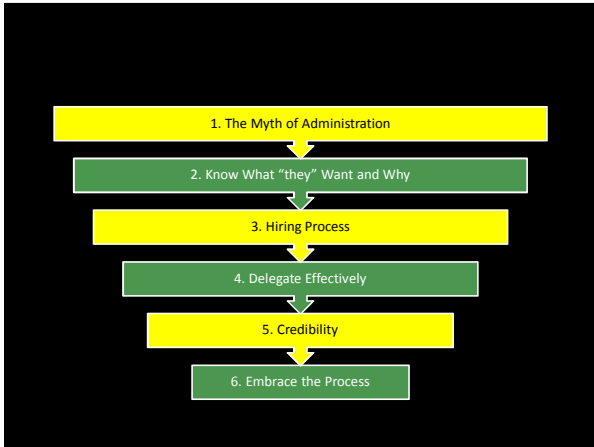
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## A Call to Arms

- NCAA proposition 2010-19

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## Credits

- Video

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