




Chapter Two

LIFE AT THE TOP

Philosophies of Success

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So far we have seen the paths taken by our coaches at the start of their athletic and coaching careers. The focus of this chapter will be on their concerns once they reached the top of the coaching profession. Coaching a high performance sport is like climbing a difficult hiking trail for the first time. Along the way, you encounter broken bridges and crossroads where quick decisions must be made. Our experts have traveled these trails extensively, and have an advantage in selecting the best course. This chapter will begin with some personal philosophies our experts felt were crucial in helping them climb to the highest pinnacles of coaching and will show how these ideas allowed them to guide the careers of expert performers. You will see that there is a lot more to coaching than overseeing training and competition. Although our participants have a