

Vol 1, Issue 1: A winning program

A Winning Program

We often see the same coaches in the big games year after year. People like Pat Summit (Tennessee Women's Basketball), Mike Krzyzewski (Duke Basketball), or Mike Candrea (Arizona Softball) are very commonly seen in the NCAA tournament with their team having a great chance to contend for the title. Why do we see the same teams at the top contending for a championship each year? The answer is because they built a winning program, not just a winning team.

Many coaches try to put together a great season "right now" but often fail to think about their plan for where they would like to be in 3, 5, or 10 years from now. Because it is so easy for a coach to become caught up in the day-to-day details the future is often put off for tomorrow. However, great teams seemed to have built a program that can sustain rather than a team that perhaps, just peaks this year and is consequently left in shambles for several years to come.

Creating the right atmosphere to develop a championship program starts at the top with deliberate thought and planning for today and the future. We at the Center for Sport Psychology help coaches develop a longer-term approach by addressing overall team philosophy that creates an environment that can help facilitate the behavior you would like from each and everyone of your athletes. We have worked with a number of great coaches and teams and have a deep understanding of the many obstacles that all coaches face. Having an expert to bounce ideas off of can be a tremendous asset to creating a program that only breed's success.

If you would like more information about our services or how we could specifically help you develop the program that you have always envisioned give us a call at 940.369.7767 to talk with one of our consultants or visit our website at www.Sportpsych.unt.edu.

Finally, we leave you with a quote of the week from new SMU Coach Mike Doherty who conveniently illustrates the above point:

"I want to build a program; there's a difference between a team and a program, A team is a one-year deal. A program is built for the long run. I want to put systems in place to have a program here everybody will be excited about" .

For the entire article about Doherty and his new position please click on this link to the Dallas Morning News:

<http://www.dallasnews.com/sharedcontent/dws/spt/colleges/smu/stories/042506dnsposmule.de.687d9a2c.html>

Best wishes to you and all your staff- we hope this is a season of excellence!

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