

**Lessons Learned in my Coaching
Journey – Playground to Podium**

**Group Management –
Establishing a Culture**

Speed Kills

The Pride Factor

Knowing Your Stuff

**Demand Concentration
Eliminate Powderpuff Communication**

**Be Positive –
But Brutally Honest**

**Temper the Technology
Silence the Science**

The Training Group as a Family

Timeless Truth Doesn't Sell

Don't Chase Rabbits

Look For Simple Answers First

Have a System

Make It Clear What Is Acceptable

Don't Nag - Draw a Line

It Takes Talent

Breed Independence and Ownership

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