

College Bound Athlete

By Philip Green

Athletic and Performance Development

Time Management

Achieving the correct balance of skills, strength, speed, agility, conditioning, recovery, practice, and games is a challenge all athletes face. Early on in elementary school exposure to multiple sports and what I often call “daddy ball” often takes precedent. I believe this is how most young athletes get started and begin to either fall in love with a particular sport or not. This is a magical time where many kids believe they want to be a pro athlete. Yes skills are starting to be taught and dressing like a pro can be all important to parents, but in the beginning having fun is probably as important as anything else, and rightfully so. On a Saturday afternoon is there anything better than seeing your kid flash you a big smile after making a great play or their energy after a big win? On the flip side, how about the pain you feel for them when they make a mistake or lose a tough ball game? Both of these scenarios contribute to “parent crazy” where many of us have made a bigger deal about it than should be necessary.

Fortunately, most young kids are resilient and live in the moment. Give them a pizza or burger after the game and their ready to have their next fun adventure. This short term memory is truly a blessing and successful athletes who compete on a regular basis learn and apply this attribute. Like many coaches, I call it the 24 hour rule. Enjoy but be humble in victory; learn from your mistakes and be compassionate in defeat; always be respectful of your opponent and their coaches; and honor your sport and all who have helped you achieve success and the opportunity to compete.

Reality

Somewhere in the elementary school mix the desire to be more than a recreational athlete sets in. Discipline and a strong work ethic become the norm. Toughness and passion are only part of the scenario. As time marches on everyone is getting better, and 99% of the time it is the talented kids who are consistently working on their skills and physical development who typically perform the best.

Sports Performance Game Plan

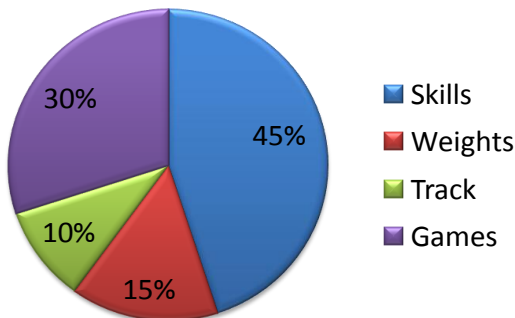
Beginning in middle school the goal to win is ramped up even more, and in fact, a measuring sticks for success! Dedicated parents and aspiring student-athletes who truly want to compete at an elite level in high school and possibly in college, should establish a sports performance game plan. Their plan should include sport and position specific skills training (*listed as skills*); strength, power, mass building, functional, and total body development (*listed as weights*); speed, agility, footwork, quickness, multi-directional and plyometric training on the track, field, and/or court (*listed as track*); plus practice and games for competition and performance under pressure (*listed as games*). The amount of participation for each category is dependent upon the sport and each athlete's level of development. Listed below are charts I have developed and successfully referred to for football, baseball, and basketball athletes. Think of them as a starting and reference point for your sports performance game plan beginning in middle school and continuing on throughout your development in high school.

Player Development

Time Management

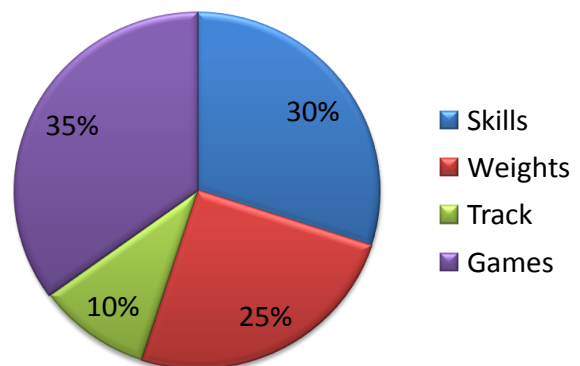
Baseball

Middle School



Baseball

High School

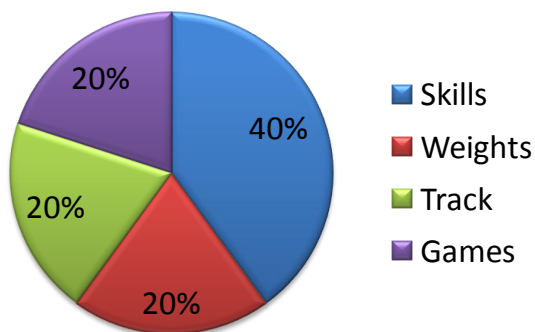


Player Development

Time Management

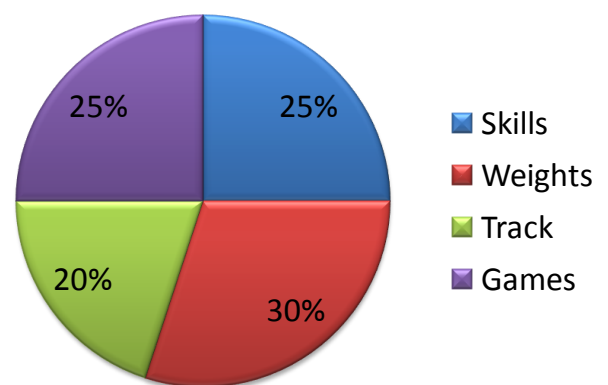
Football

Middle School



Football

High School



Notice how the pie charts get bigger from middle school to high school. Even though the percentage of participation in each category may change, the college bound athlete is required to put in much more time overall in high school than in middle school. Remember all of these four training components are necessary to reach your athletic and performance potential.

Do You Really Want to Win Championships?

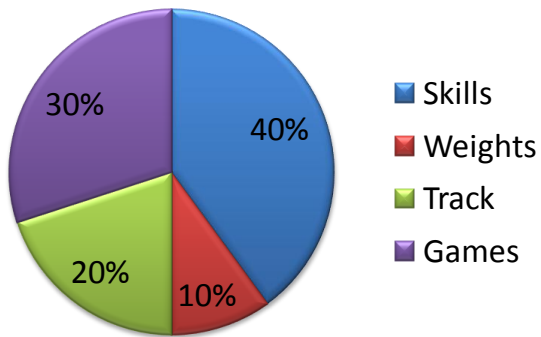
“The hardest thing to do in sports is to practice and workout when no one else is watching. Just practicing skills or working out randomly never creates the perfect performance or championship season. Striving for perfection, out working your competition, preparing yourself for success, requires a full time physical training commitment. This is what champion athletes do, on all levels! In today’s athletic world you have to work at your sport eleven months out of the year to achieve greatness and to be a true leader. It starts upstairs, between the ears. Make your mind up to do it. If you want it bad enough, it can be achieved!” Coach Green

Player Development

Time Management

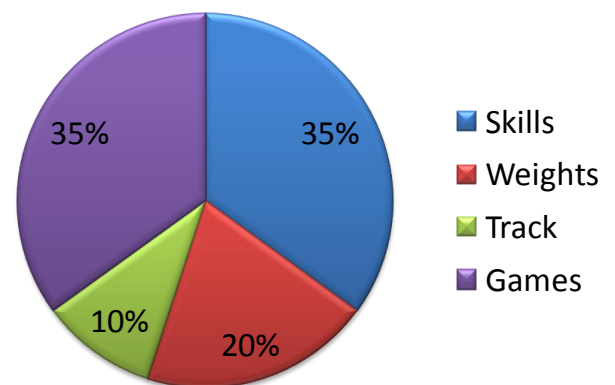
Basketball

Middle School



Basketball

High School



No two athletes are exactly alike. Many athletes will need to adjust their percentage of participation in each category as they develop throughout high school and into college bound athletes. This is where a qualified and experienced sports performance coach can be the difference in achieving success and the prevention of long term injuries.

Shout Outs

Brian Womac II **Football**
Braxton Wilks **Baseball**
Travis Herbanek **Football**

Class of 2013 Athletes

Rice University
Kansas State University
Massachusetts Institute of Technology

We succeed because we prepare and follow through!