



If Winning Were Easy We'd All Be
Champions

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High Performers

How Easy is it to be a Champion?

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How Easy is it to be a Champion?

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 - Canadians – 76,77,78,79



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 - Canadians – 76,77,78,79
 - Philadelphia – 74,75



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 - Dallas – 93,94
 - San Francisco – 89,90



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- Denver – 98,99
- Dallas – 93,94
- San Francisco – 89,90
- Pittsburg – 75,76 and 79,80
- Miami – 73,74



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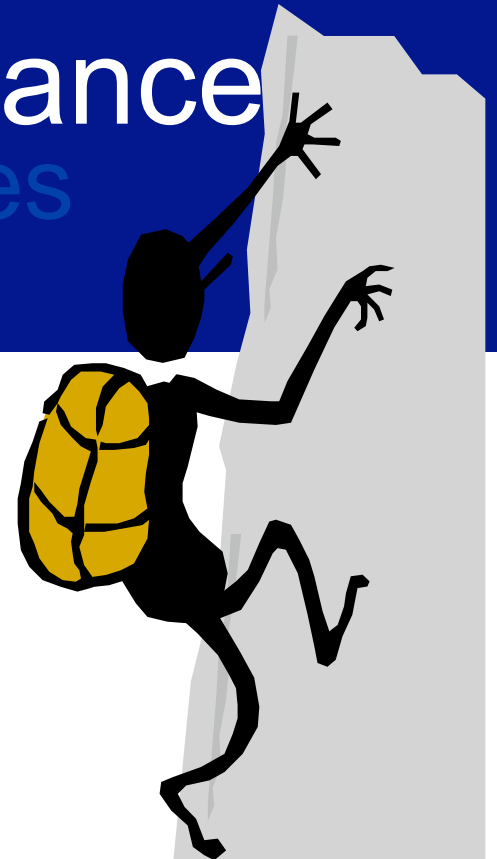
- Repeating World Series Champions since 1974 – out of 30 teams, only 4 won back-to-back championships
 - New York -98,99,2000
 - Toronto – 92,93
 - New York – 77,78
 - Oakland – 72,73,74



Characteristics of High Performance Athletes

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Determination

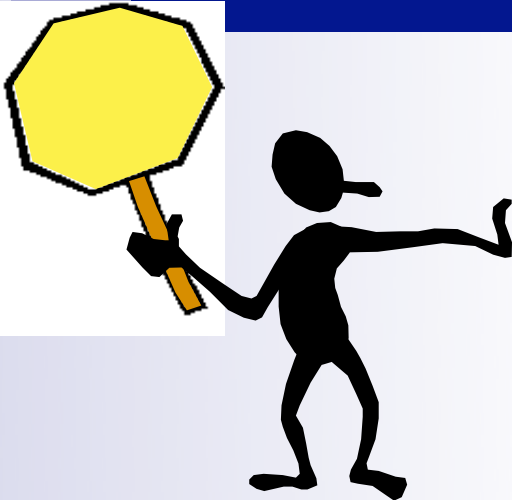




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Self-Control



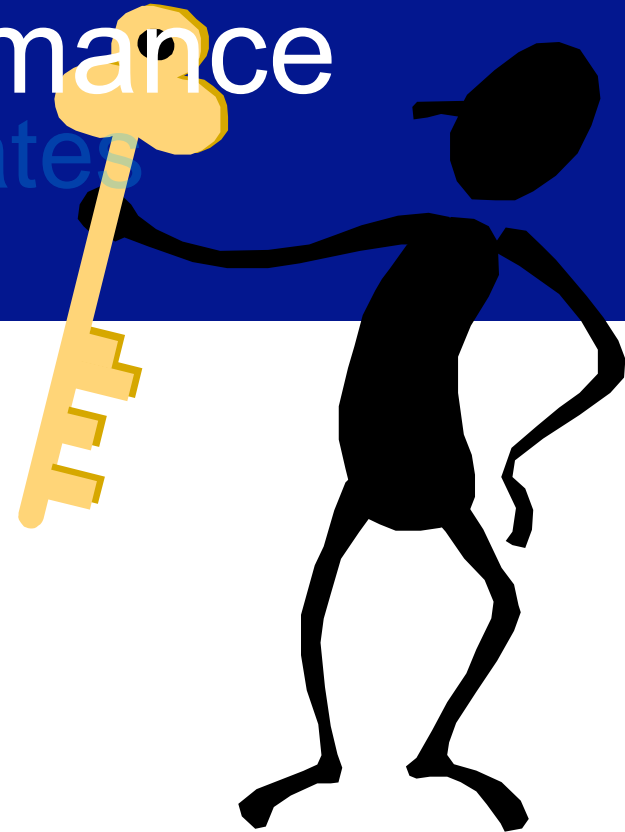


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Initiative

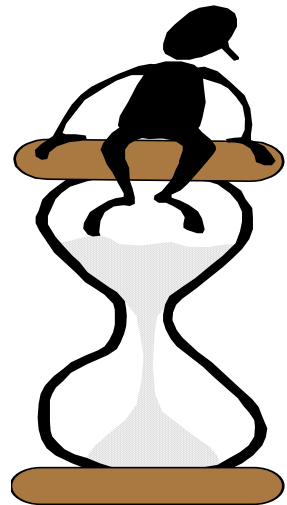




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Mental Toughness

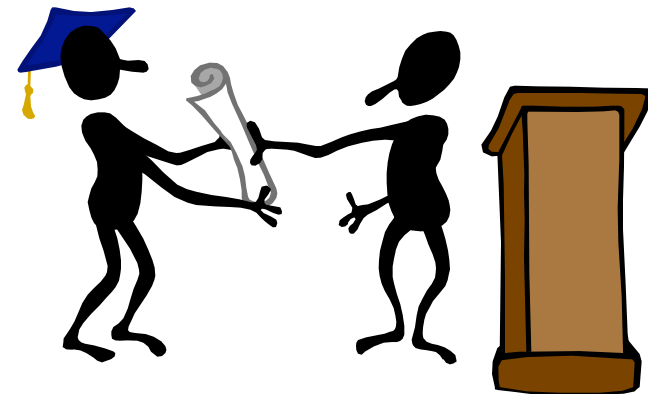




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Willingness to Learn New Things

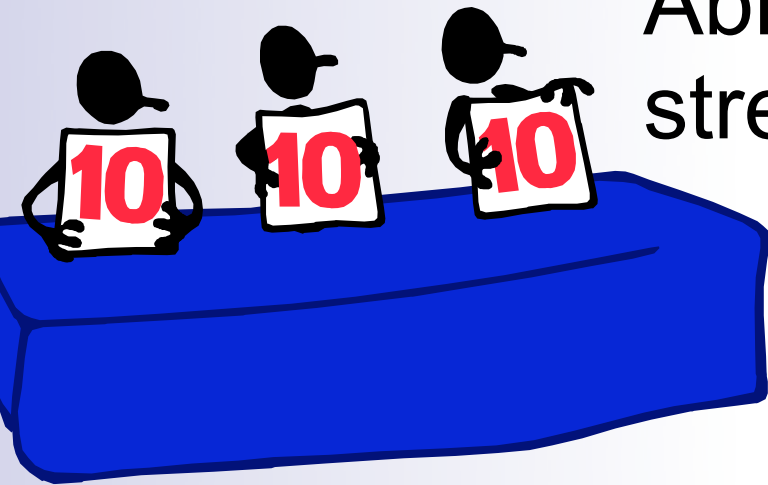




Characteristics of High Performance

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Ability to correct errors and strengthen weaknesses





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Characteristics of High Performance Athletes

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Rebounding from disappointments and failure





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Responding to Pressures



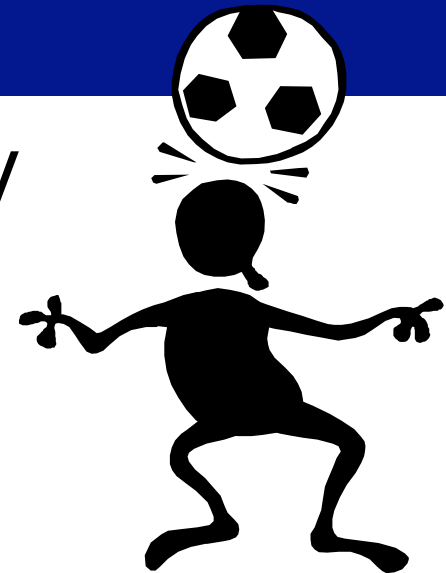


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Characteristics of High Performance Athletes

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Confidence in Ability





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Self-Motivating





Characteristics of High Performers

- Determination
- Self-control
- Initiative
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- Willingness to learn new things
- Ability to correct errors and strengthen weaknesses
- Rebounding from disappointment and failure
- Responding to pressure
- Confidence in ability
- Self-motivating



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