

# COACHING PHILOSOPHY - KASALES

*I am dedicated to the growth and development of the student-athlete – to the physical, mental, and leadership abilities that foster their ethical play and love of the game, their commitment to learning and education, and, for the long-term, their success in life.*

## From me, you can expect:

- ✓ Commitment to your personal growth and development, health, and welfare.
- ✓ Pursuit of excellence though clearly established standards and goals.
- ✓ Clear, open and honest communication.
- ✓ Respect and the development of a trusting relationship.
- ✓ Ethical behavior and fair decision-making.
- ✓ Empathy and my full support during your athletic and academic journey.
- ✓ Implementation of sound research in the strength and conditioning, sports psychology, and leadership fields.



## What is expected of you...

- ✓ *Personal accountability for hard work, dedication, and determination.*
- ✓ Continued pursuit of excellence against clear standards and established goals.
- ✓ Clear, open and honest communication.
- ✓ Respect, commitment, and fair treatment towards your teammates.
- ✓ Integrity, ethical behavior, good decision-making, sportsmanship, and teamwork.
- ✓ Initiative – seek out challenges and greater responsibility.

## Our Success Results In:

Developing the level of personal confidence, and the trust and cohesion between teammates that allows one to perform, compete and inspire others, unencumbered by anxiety and the fear of failure, to win with poise and integrity!

