

Building champions from the inside out

- Mental Preparation
- Emotional Management

Scott Centala | G4 Athlete



- What am I bringing to the table?
- What will I take away?
- How will I be changed and apply what I've heard?



Agenda

Definition

4

Reflection

5

Performance Table

6

Take Aways

15

G4 Athlete

17

Questions



Definition

Define Championship

- Athletically
- Socially
- Family
- Professionally



Reflection

Mission Statement

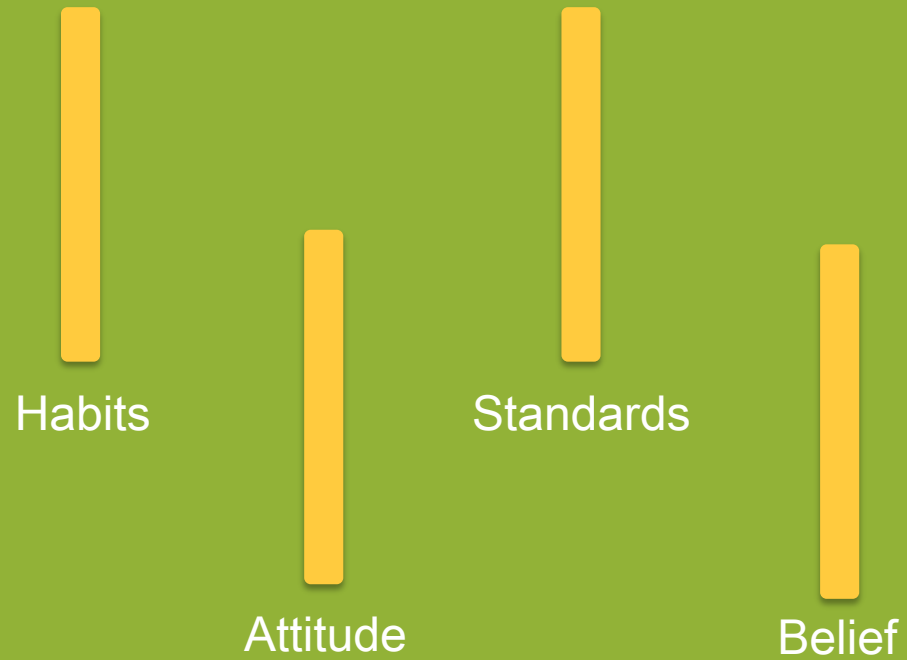
- 'Who' I am versus 'what' I do
- One sentence that describes your purpose on the face of the earth
- Can be changed as often as desired
- Is today's anchor



Performance

Performance Table

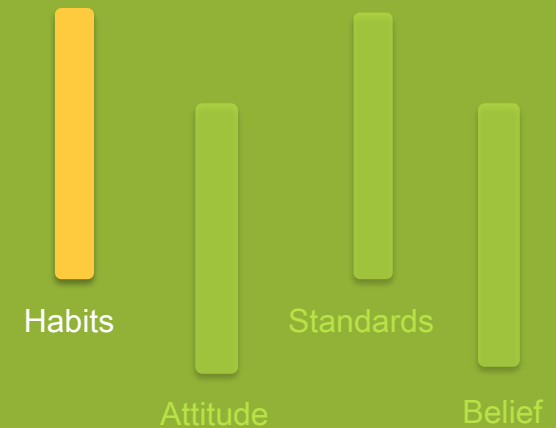
- Four Legs:



Performance

Habits

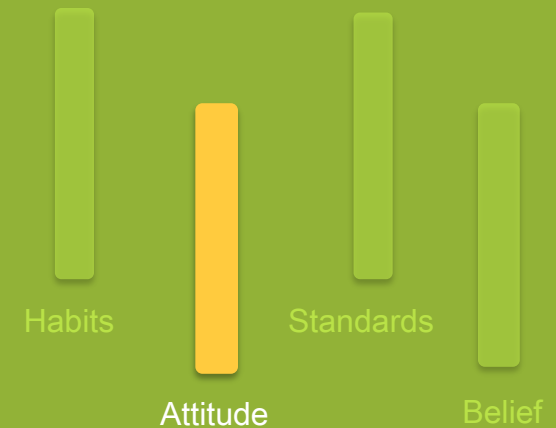
- Things I do every day
- Create our Routines and Comfort Zones
- On Purpose
- For a Purpose
- With Purpose



Performance

Attitude

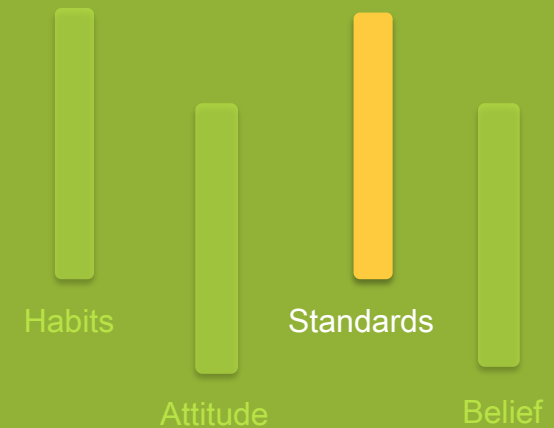
- 'How' I am in everything I do
- Can be chosen by yourself as a daily habit
- When is the most effective time to choose it?



Performance

Standards

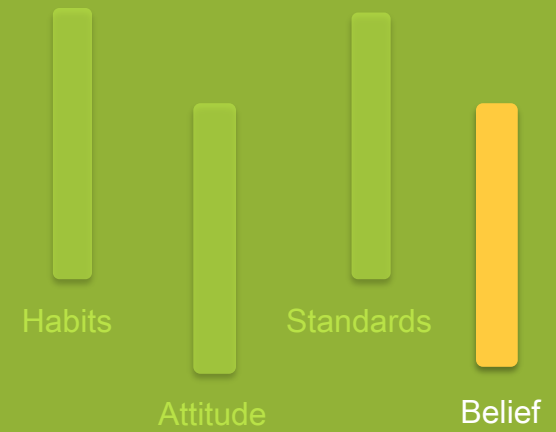
- The lowest level we are willing to bring to any situation
- Not to be confused with expectations
- Most noticeable when we are alone or experiencing adversity



Performance

Belief

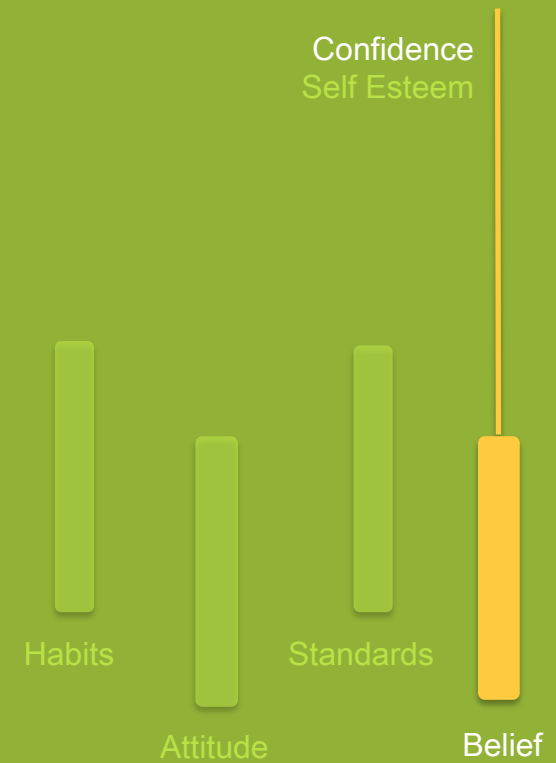
- Confidence
- Self Esteem



Performance

Confidence

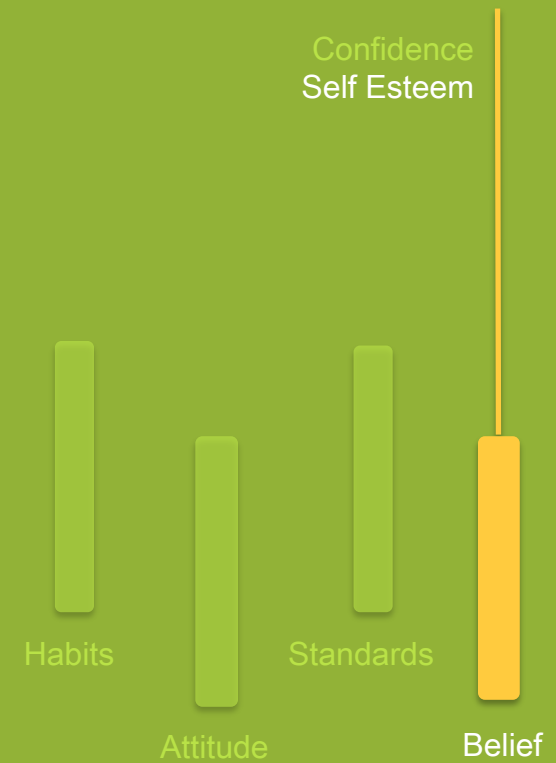
- Belief in what I am capable of on the outside
- Successes and Failures both influence



Performance

Self Esteem

- Belief about Self on the Inside
- Can be built up with Affirmations



Performance

Affirmations

- Statement about the future spoken in the present tense
- Self Talk
- On Purpose
- For a Purpose
- With Purpose



Performance

Goal setting

- Process driven creates ownership
- Performance driven creates pressure
- Be aware of “Have to...” mode



Take Aways

Be intentional

- Manage the Game
- Teach the Skills
- Coach the Person



Take Aways

Role Modeling

- Most influential form of communication
- You are their role model
- Your actions are so loud, I can't hear what you are saying



About us

Your role model

- G4 Athlete



About us

We are G4 Athlete — light years

- Sports innovators, educators and coaches
- Blazing a new approach in sports science and athletic development
- Uniting kids, parents and coaches around a bold, holistic sports science platform (the 4 absolutes) – on the road and in our new state of the art facility
- Inspiring and enabling our young people achieve more at sport...
...and life

Why it all really matters

- We love our kids. We want the very best for them and their futures



Summary

It's for our kids...and it's not just about athletics

- Let's get the competitive advantage. Let's unite...
 - United approach
 - United together
 - United for success
 - United behind the next generation...
...blazing a new, inspired, better way for our kids and our kid's kids
- Questions
- Scott Centala — scott@g4athlete.com



Want to know more?

Name

Title

School

Email

Phone

Area of interest

