

THE HUMAN PODCAST

STORIES OF MOTIVATION WITHIN
THE FOOTBALL COMMUNITY

GO ROUTE



EP. 2 MAKING THE MOST OF NOW

This season has been unexpected for athletes, coaches and parents alike. COVID has changed the sporting landscape over the past year, and everyone has had to adjust and make changes to their thoughts and actions along the way. Winnipeg High School Football League Commissioner Jeffrey Bannon and Sean Oleksewycz, defensive backs coach for the University of Manitoba and Team Manitoba, came together to talk about what it's been like navigating COVID and the importance of staying ready. Like anything, time away from what you love increases your appreciation for it.

GETTING BETTER NO MATTER WHAT

Dwelling on the fact that practices and games were cancelled, and the season didn't go as expected won't help improve your skills or your mindset. So have your athlete take charge of the situation, and think about what action could be taken. Can they go for a run outside? Can they play basketball in the driveway? Can they study video of themselves or of athletes they look up to? Finding something that they can do can be instrumental in their readiness for the future, and their current mental health. It is important to take a step, make a goal, and get started learning something. As coaches, we can connect and inspire athletes by keeping them engaged with activities and ideas to help them stay focused. Parents and coaches can reinforce that even though you might not be playing a game or have a team practice, you can build skills NOW. Somebody will be putting in work behind the scenes, why can't it be you?

CHECK YOUR EGO TO EVOLVE

There is so much to learn from other people. Being open minded to new ideas, techniques or strategies can help you optimize your potential. Jeffrey had the opportunity to see who was putting in the work after hours and behind the scenes. Being in that environment allowed him to adopt the mindset of hard work and hustle. Both Sean and Jeffrey talk about how often they seek out ideas from others, or watch tape from other teams so they can evolve as coaches. So next time things don't go your way or you see someone else succeed, find the opportunity and ditch the ego. There is always something to learn.

REVIEW THE TAPE

Sit down with your athlete and make a list together of the possible action that can be taken NOW. Identify which items on the list your child is most interested in doing, and encourage them to start with those to build momentum.

Write down a list of ways you can evolve as a coach or parent. Pick one thing you want to focus on, plan out how you can evolve today, and put in the work!

RESOURCES

Dr. Laurie Santos is a professor at Yale and reflects on making the most of right now. She is honest and funny in her approach.

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