

THE
HUMAN
PODCAST

STORIES OF MOTIVATION WITHIN
THE FOOTBALL COMMUNITY

HOT READS



EP. 2 MAKING THE MOST OF NOW

We've just passed the first COVID-19 anniversary, and there sure has been a lot that has changed. School looks different, football looks different, even hanging with your friends looks different. In the Heroes in our Midst "HUMAN" series podcast Jeffrey Bannon (Winnipeg High School Football League Commissioner) and Sean Oleksecwyz (Assistant Defensive Backs Coach- Manitoba Bisons) focused on the qualities that make football athletes the best people all-around, how we should never stop learning from others, and how we can't sit and wait until football is 'normal' again before we get ready to play.

3-POINT STANCE FROM JEFF AND COACH OLLIE

You can't control what you can't control. There is a lot about this COVID situation that we can't control. The same can be said for football- there are a lot of things in a game that we often focus on, but are not up to us (like the weather, the play the coach calls, or what the officials see). Jeff and Coach Ollie talked about some of the things you CAN control, like the work you put in, your attitude, and how you respond to something. Shifting focus to what is in your control, will help you move forward and make the most of every moment.

Evolve as a player. The game is always evolving, and you should be too. If you're not progressing as an athlete, as Coach Ollie says, you're going to get left behind. In practice and off the field, make sure you are always working to improve. That might mean spending more time studying your play books, pushing your speed, or working to challenge your balance. If you focus on what you can do to evolve, you'll always have something to work on.

Appreciate the gift of sport. When we have been playing a sport for a while, we can sometimes lose sight of what we love about our sport, focus only on winning, or take it for granted. This can be especially true in disappointing or hard moments, like not getting the minutes you want, getting cut from a team, or getting injured. When these things come up, or when we don't have the chance to play, remind yourself of all that sport has given you.

REVIEW THE TAPE

When you find yourself focusing on a worry or disappointing moment, stop and ask yourself: What parts of this situation can I control?

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

Take a minute to think about these and write down your responses: What does being an athlete mean to you? What opportunities has sport brought you?

RESOURCES

J.J. Watt has some great moments here. Check out the clips: 'Practiced my autograph as kid,' 'I want to be best ever,' and 'My recipe for success'

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