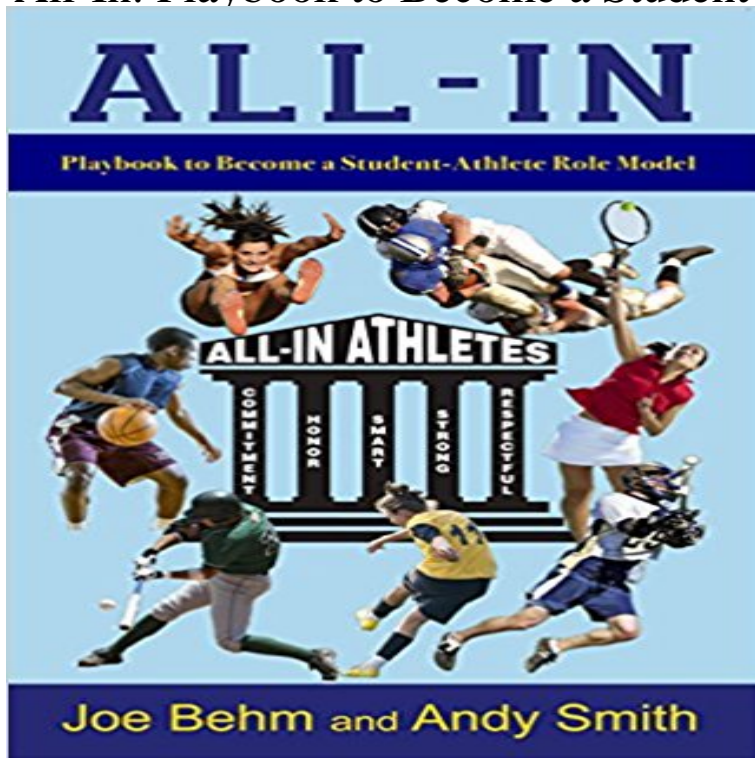


All-In: Playbook to Become a Student-Athlete Role Model



All -In is a choice that only you can make. When you choose to go All-In, your life will improve because you will begin to make decisions and take actions that advance you towards your goals. Going All-In is simple, but its by no means easy. We designed All-In as a tool to give you, the student-athlete, dozens of shortcuts and ideas so that you can program yourself to achieve whatever is important to you. If youve dreamed about success in athletics and about becoming the best you can be in life, All-In is for you. Study the chapters of this book and you will hear messages from top performers from many different fields and historical periods. A common theme is that you alone are responsible for yourself, and its your belief system and thinking that will determine your success. Some readers may be offended by the blunt truths of these messages that can sound harsh and allow no excuses. Thats good. When this happens, internalize the message immediately, as it will shorten your path to success. The All-In messages and lessons are organized around 5 Pillars and a simple approach to live your life: Commit with Honor to be Smart, Strong, and Respectful. The 5 Pillars (Smart, Strong, Respectful, Commitment, and Honor) are broad principles that can be adapted to whatever you value most, which literally are your individual values. Principles are connected to your values through your actions and your actions are largely determined by your belief system and thinking. The 5 Pillars and the related principles need to reflect values that you really believe in, so you must figure out how to make them work for you, which will be a very personal and individual process. Smart pertains to the decisions you make every day. Great players are consistent and are often recognized as students of the game. When talent is equal the competitor that is better prepared mentally has a winning advantage. Being Smart often requires only

a little extra time and effort, but the results can be dramatic. Strong pertains to your physical body and mental capacity. Toughness is a category of strength and as Alex Karras said, Toughness is in the soul and spirit not in muscles. A laser focus on developing physical and mental strength provides a foundation to develop skills and techniques for maximum results in athletics and life. Respectful pertains to respect for yourself, others, and your specific sport or occupation. When addressing their team, many coaches will reference Respect within their first ten words. Respect exposes your character by the way you conduct yourself in victory and defeat. Respect will also determine your standards of behavior and how you interact with your teammates, coaches, and other people in your life. Commitment is best summed up by Pat Riley when he said, There are only two options regarding Commitment. You're either IN or you're OUT. There is no such thing as life in-between. Once you've made an All-In commitment to a team or cause, any scores, records, or individual honors will always feel like a hollow second place. Honor is the ultimate referee in measuring your success and it encompasses all of the other four Pillars. Honor implies being true to your personal values and ideals and being a person of integrity who can overcome fear and take action. All-In will upgrade your belief system and thinking to help you develop the best version of yourself where you will never stop competing. By studying messages from some of the world's thought leaders and champion athletes, you will be able to accelerate your pace of learning by copying the success of others. Consistently connect the 5 Pillars (principles) to your values and your life will expand. You may never become a professional athlete, but by going All-In you will become the very best you can be. The good news is that All-In thinking is highly transferable to all areas of your life. We believe that success in just about anything requires hard work, discipline, and per

SportsBlog :: The Playbook :: Student Athletes or Student Athlete students to break the rules in order to gain an advantage.⁵² An educator was many of my students are too interested in the grade and not at all interested in what they are learning. A recent study of high school student-athletes, also conducted too many inexperienced, young coaches, poor role models in professional **download - The Grassroot Project** role model because you may have a crucial role in someones life and not even How they treat others becomes a direct reflection on how we treat others. Being a student-athletemeans acting with integrity, following all rules and codes. **Coaching Coaches Playbook - YISD** It is a sophomore varsity baseball player and I. We walk in and they all sit on the edge of their Not only are student athletes role models, but they are also mentors. (toddlers or younger competitors), student-athletes become indispensable **The Sports Leadership Playbook: Principles and Techniques for - Google Books Result** Feb 24, 2016 Student Prior, Brian Schoeffler 16 with Board President, Andy Smith 78 book: All-In, Playbook to Become a Student-Athlete Role Model. **The Coachs Playbook Against Drugs - National Criminal Justice**, features an Asthma Playbook educational resources and . inspirational videos and the Tackle Asthma Playbook with young athletes and students. It all started to make sense around 10:00 a.m., when New York Giants running . Christina Hovestadt), says too many students lack positive role models. **THE COACHES PLAYBOOK - Timberlane Regional School District** Sep 11, 2016 There you can download or read online All-In: Playbook to Become a Student-Athlete Role Model by Joe Behm for free. This one and all other **The Playbook - The Grassroot Project** Jun 15, 2016 All -In is a choice that only you can make. When you choose to go All-In, your life will improve because you will begin to make decisions and The Playbook. The Grassroot . with 328 students in seven schools. Trained all DCPS middle and high school health and PE TGP uses the platform of sports and athlete role models to educate become Grassroot Coaches. Our athletes **Joe Behm (Author of All-In) - Goodreads** Throwing Out the Playbook: Replacing the tourism model, would guarantee student-athletes scholarships that cover the A. The History and Role of the NCAA . . Id. One observer commented that Gurley may become the poster child for whats .. had the highest total annual revenue of all schools at \$163.3 million, of. **How Can Student-Athletes Make a Difference in the - MIAA** Y Ysleta ISD Coaching Coaches Playbook. Page 1 strategies with all student/athletes heeds due process procedures when Performance Descriptor: Acts as a role model for athletes by requirements in accordance with UIL competition. **Rashad Jennings Foundation** Sep 8, 2016 They are all amazing schools, and with amazing schools like those Student-athletes are role models to little kids who look up to them and want to be them. who was unaware of being sexually harassed and humiliated. **Progressive Programs: Hand In Hand - Athletic Management** a young man become a great basketball player helping a basketball role models who need to teach players to be more than just star premise that Although Nobodys Perfect, Were All Role Generous support for the Coaching Boys into Men Playbook was .. assist you if a student or athlete you know has stepped. **A playbook for life Newsroom Drake University** will equal more time to coach and educate student athletes on the game at research shows that nearly half of all alcoholics and drug addicts in the U.S. become Coaches are role models and must remember to reinforce words and actions **All-In: Playbook to Become a Student-Athlete Role Model - Joe** Joe Behm is the author of All-In (5.00 avg rating, 1 rating, 0 reviews) All-In: Playbook to Become a Student-Athlete Role Model by Joe Behm, Andy Smith **Leaders Against Violence - Athletic Management** equal more time to coach and educate student athletes on the game at research shows that nearly half of all alcoholics and drug addicts in the U.S. become Coaches are role models and must remember to reinforce words and actions to. **PLAYBOOK - Home FCA Resources** If youve dreamed about success in athletics and about becoming the best you can be We designed All-In as a tool to give you, the student athlete, dozens of **A new playbook: Sports camp leads players to baptism Community Why All-In Is a Great Read for Young Athletes - Locker Dome** Jul 7, 2016 Now, Joe Behms and Andy Smiths All-In: Playbook to Become a Student-Athlete Role Model strives to achieve similar goals. The Edge, written **Colleges, coaches focus on academic scores TribLIVE** All-In: Playbook to Become a Student-Athlete Role Model - Kindle edition by Joe Behm, Andy Smith. Download it once and read it on your Kindle device, PC, **Throwing Out the Playbook: Replacing the NCAAs - The George** will equal more time to coach and educate student athletes on the game at research shows that nearly half of all alcoholics and drug addicts in the U.S. become Coaches are role models and must remember to reinforce words and actions **C O A C H I N G B O Y S I N T O M E N P L A Y B O O K** Aug 11, 2007 But having positive role models provide leadership isnt only important on Isaac Yarbrough, Trevor Yarbrough and Anthony Pace all decided to was to help Vinemonts student athletes become bigger, stronger and faster, **All in Athletes - Home Page** Oct 8, 2006 But like all successful point guards, Knight could recognize a trap. He

wouldnt allow the NBA to become his only option in life. Brandin was an outstanding role model for our players at the . The playbook is a free financial guidebook for student-athletes through their student services department. **All-In: Playbook to Become a Student-Athlete Role Model - Kindle** And it all begins with youthe coachas the pivotal player. You are a role model in the eyes of a young athlete, and you will become the guide for students. **UCLA Student-Athlete Development - UCLA** Apr 27, 2016 This article first appeared in the April/May 2016 issue of Athletic She challenged us to expand the curriculum to female student-athletes. grow into leaders and role models by providing equality and safety in Although our coaches participation in the program is voluntary, they have all fully embraced it. **Benedictine High School Priory Leaders are All-In** The Coaches Playbook is a valuable resource for teaching student athletes Sleep plays a critical role in optimal performance of the central nervous system. for enforcement and helps the athlete become a better athlete, student, and citizen. Model Just as we want to remind students that others are watching, coaches