

Please Do Not Ask Me to Make Your Child a Better Athlete Let's make them a better person

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Coaching of student athletes is on the rise in my practice. Most often a 'gap' in performance prompts the parents to request my coaching. The athlete's performance has plateaued, not paralleling the growth of same level athletes or the athlete's performance is declining. The perceived 'gap' exists from the

perspectives of the parents, the coaches, the teammates or the athlete. The perceived 'gap' resides in the head of the athlete or in the so-called intestinal fortitude of the student athlete.

Professional athletes have a coach for every aspect of their being: mind, body, spirit, emotions. They understand that the inner athlete drives the outer athlete. Most athlete spotlights focus on the person who is the athlete – their character, their being and their behavior off the field, court, pool, track, etc. Professional athletics budget for services that feed and grow the character of the individual. It is the individual who makes the spotlight. It just happens they are an athlete.

Your child's inner athlete is the one you never see. You see the results of its work, but you never see or hear the inner athlete. The inner athlete is rooted in values and beliefs that feed courage, confidence and character. Only the athlete herself sees and hears her inner athlete.

Strengthening, caring for and maintaining an athlete's body is

vitaly important. However, the same focus given to the physical body must be given to the inner body (the being) of the athlete. Your body follows your mind. Athletes must learn to hear their inner voices, then strengthen their inner voices. Courage, confidence, belief and motion are rooted in how individuals speak to themselves. Whether the words stay in their heads or come off their lips, the inner athletes' voices are heard loud and clear, and it drives the athletes you see.

It is less about the athlete and more about the person. I focus on (1) expanding the young person's awareness, (2) quieting their bodies, (3) hearing their inner voice, (4) envisioning success in motion, (5) using power words and (6) becoming a better version of themselves. The inner person drives the outer athlete!

Parents, please do not ask me to coach your child to be a better athlete. I will decline. Sustainable improvement (success) is low when coaching the outer athlete, frustration increases, my ability is questioned, my reputation tarnished, and your athlete remains in their performance 'gap.'

I will coach your child to become a better, stronger individual. Chances are high coaching the person positively impacts the athlete. Every athlete is rooted in a person. The quality and character of the person fuels the quality and character of the athlete. Focus on the person and the athlete emerges. Remember, one's athletic ability diminishes with age, but one's character remains strong and loud until his or her last breath.

What is your perspective?



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