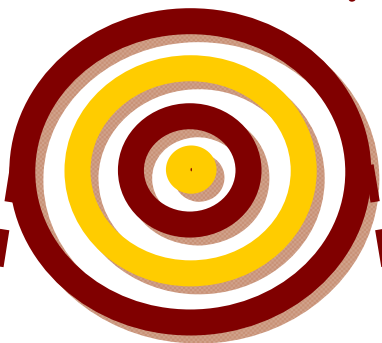


University of Minnesota Women's Track & Field/Cross Country



Too Far Left

Too Far Right

Non-eating	ATHLETIC NUTRITION	Poor diet
Never plan	VISUALIZATION GOAL SETTING	Think too much
Poor attitude	POSITIVE ATTITUDE	Not realistic
Under-training	PROPER TRAINING	Overtraining
Do Your own thing	ALLOW YOURSELF TO BE COACHED	Wait for the coach to do it for you
Questioning everything you and your coach have done	GOING TO THE LINE READY	Over Psyched
Too little sleep	PROPER SLEEP	Too much sleep
Never in the training room	TAKING CARE OF INJURIES	Always in the training room
Never studying	BALANCED STUDY TIME	Studying too much
Out all the time	BALANCED SOCIAL LIFE	Never out
Always stressed	BALANCE IN YOUR LIFE	Always too relaxed
Always late	ON TIME	Too early
Too little talk	COMMUNICATE UP FRONT	Talk too much

ZONE OF DISCIPLINE

Is the way you talk to yourself the way you would want your coach to talk to you?

Every program needs people who are an asset, not a liability.

If things don't change, then things don't change.



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TEAM ENERGY

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