

THE CHAMPIONS RESOLUTION IS A YEAR ROUND COMMITMENT

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At this time of year new years resolutions are talked about a lot. As a personal trainer most of my clients want to loose weight. My friend who is a financial planner sees lots of people who resolve to get out of debt. My parish priest want to end homelessness. The list goes on and on. What about athletes. Mabeey The Giants are going to work harder than ever to get back to the superbowl?. What about YOU the high school athlete?

During 22 years of training sucessful teenagers as a strength coach. I know they have a lot in common. Most are very good students . These are the kids who understand that athletic and academic success is a daily occurance not just on game or exam day.. Practice does not make perfect-only perfect practice makes perfect. Showing up is not enough. Full effort is full victory. They pay attention to to little things because when you add them up they equal a really BIG thing. They are honest about their weknesses and work making them stronger.They never forget to eat a good breakfast every day and drink lots of water These student athletes stretch every day and hit the weight room 2 to 3 days per week(or over 100 per year). They take their vitamins and get enough rest every night. Champions are intellegent and hungry to learn seeking out professional advice from experts Champions are usually organized people who squeeze joy - hard work- and productivity out of every day. Champions also know when to rest and turn off the intense work button allowing their bodies. minds and souls to rejuvenate These are the kids who don't get in trouble breaking team or school rules. No they arent GOODIE TOO SHOES either as I see lots of smiles and laughter frequently shining through their personalitys.

When I was a teenager I resolved to win the teenage National powerlifting championships. I trained extremley hard but had no strength coach to give me guidance. I had no nutritionist to teach me what to eat and went into the tournament not fully prepared in 1982. I placed dead last bombing out of the meet. I was crushed as I lifted worl record weights in the gym the week before the meet. It took me 7 years of school -training and meet experience to finally win my first Drug Free National championship in 1989. Since then I've wont 8 more with 4 world championships. So I have been to the top of the mountian. My best advice to you blessed high schoolers at the bottom starting out in life is to take each day as a step forward and learn from your mistakes as they are only mistakes when you don't learn from them Whether you think you can or think you cant YOUR RIGHT.....Happy New Year Coach McAuliffe