

THE HABITS OF A WINNER

The Haley Peters Story

Last night when I got home from work I turned on ESPN to watch JMPOWER alumni Haley Peters play in the NCAA tournament for the Duke Blue Devils. When I tuned in it was the beginning of the second half and her team was down by 12. During the first timeout I watched her talking to her teammates and knew they would come back to win. She was calm yet encouraging and showing the Leadership and Maturity of a fine young Woman in the Peak of her Athletic Development. The commentators were talking a lot about her. One of them mentioned that she was the best Conditioned Athlete on the Duke team. Needless to say I was very happy.

I met Haley when she was in the 8th grade. At that time I was training both her brothers for High School Basketball. I remember her brother Casey boasting about his little sister and how optimistic he was about my role in her development. That summer she walked into my gym and it was magic.

I have worked with a great many Elite Female Basketball players and Teams over the years and I know what Special is. First thing was her personality. She was a happy kid smiling all the way through the interview while I could see her intelligence as she was sincerely listening. Funny thing about that was what I had heard that from other players about her court personality. I heard she was like playing a Hungry Lioness. Basically the most intense AAU kid around. That was already built in. Being the younger sister of TWO older brothers who are very competitive must have helped a little bit too.

We began training and it was obvious she was different. She was one of those few female athletes who weren't afraid of lifting weights. She was coachable and worked her ass off. No matter how much AAU practices and games she had, there NEVER was a complaint about being SORE or fearing being sore to mess up her shot. She learned how to Eat Well for results and recovery. The Shore Conference would not have her as she went away to the Peddie School. At an early age showing great maturity she would email me every 4 to 6 weeks and I would change her lifting program up for her. Seems the lifting program at her prep school wasn't hard enough for her. Every summer and break she would come to train with me sometimes being the only girl in the Gym.

The game vs Oklahoma ST finished as I thought it would. She took her team on her strong shoulders and led them to a solid victory. She is as complete a college player, as you will ever see. She is more importantly a Great Person and I feel truly blessed that I have gotten the chance to work with and get to know her.

Right after the game I sent her a congratulations Text message. She replied, "Thanks Joe, I learned some good habits from you."