



## **Attitude Determines Altitude: What is Your Grade?**

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There are many components that go into achieving athletic success – skills, physical condition, coaching, execution, tactical preparedness, and mental toughness to name a few. With all of these things being equal, however, it is truly attitude that determines how high an individual athlete, coach or team achieves. As the title of this piece states, attitude determines altitude.

What is the “attitude” that brings about the highest altitude? This is an important question, but the real question is not what this attitude is, but how to develop it. Listed below are the ingredients that go into the making of an “attitude” that will create the highest altitude. One of the key ways to develop the right attitude is to see its current state. It is important that every individual honestly assess their attitude. Everyone must know where they are at before they can see where they need to go.

### Dealing with Adversity

Every athlete, team and coach faces adversity. For many, adversity can be great, such as the loss of a coach or teammate, or smaller, such as losing a player to injury. What is your attitude in the face of this adversity? Championships are not won without adversity. And how teams or athletes deal with adversity determines their altitude.

Grade Yourself on Dealing with Adversity:

A+    A    A-    B+    B    B-    <C

### Dealing with Setbacks

Athletic success is not about perfection, but about progress. There are going to be setbacks every single season, competition or practice. It is not a question of whether setbacks will occur, but rather when and how frequently. Setbacks are usually not as serious as major adversities, but they are just as important to confront and overcome. Great people see setbacks as challenges and part of the process, not as an unfair deal in life.

Grade Yourself on Dealing with Setbacks:

A+    A    A-    B+    B    B-    <C

### Goals

The altitude that someone achieves is certainly related to how high they dream. It is important for athletes and coaches to be clear on their goals and what it takes to achieve them. Goals must be set high for the highest altitude to be achieved. Many individuals do not set goals as high as possible for fear of failure or lack of belief in themselves. Are you setting realistic goals, but also as high as they can be?

Grade Your Goals: Are They as High as They Realistically Can Be:

A+    A    A-    B+    B    B-    <C

### Good Versus Great

There are many “good” athletes, coaches and teams. In fact, there are many “very good” coaches, athletes and teams. There are very few, however, “great” athletes, coaches and teams. Greatness is in part a function of attitude. Being “good” requires a “good” amount of effort and attitude, but being “great” requires “great” effort and attitude. Thus the question is, “Do you want to be good or do you want to be great?”

Grade Your Determination for Greatness:

A+    A    A-    B+    B    B-    <C

Play Hard, Play Smart and Play Well!