



Blue Ridge Running Camp 2019

July 31, 2019

**CHOICES For SUCCESS in
RUNNING
(and reality)**

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RUNNING IS RUNNING

Whether you are a high school, college, or professional runner, the choices which you must make in order to be successful in the sport are very much the same.

SELF-DISCIPLINE

- Learn to develop **PRIORTIES** and live your life according to those priorities, regardless of the effort, sacrifices, inconveniences, peer pressure, etc.
 1. **ACADEMICS**
 2. **RUNNING**
 3. Social/ Extracurricular activities
- “Do what is right regardless of who is watching”

“SELF-DISCIPLINE is doing the right thing every time, even when you want to do something else. MATURITY is wanting to do the right thing every time.”

PATIENCE

- Great runner are MADE, not BORN.
- It takes a long time (YEARS) to reach your full potential as a runner (student, person).
- We live in an “instant results”, “microwave” world, and want everything to happen quickly.
- **SUCCESS AS RUNNER WILL NOT HAPPEN ON YOUR OWN PRECONCEIVED, ARTIFICIAL TIME SCHEDULE!**
- IMPATIENCE has been the downfall of countless talented athletes

WORK ETHIC

- Hard work must be a **CONSTANT** in **ALL** aspects of your life, especially running/athletics.
- Unfortunately, we live in a world where working hard is no longer the norm, nor is it valued as it once was. We now must now **LEARN** to work hard **THROUGH** sports and carry it to the rest of our life.
- There is no **EASY WAY OUT** for **SUCCESSFUL RUNNERS/ATHLETES**. Shortcuts will eventually catch up with you and will ultimately fail you. You can't "fake it" in this sport, the truth will come out in competition.
- What we ask you to do as student-athletes is **HARD**
- **OVERACHIEVER vs. UNDERACHIEVER**

SUCCESS AS A RUNNER =

(ABILITY + HARD WORK)

X

TIME

COMMITMENT: Running Must Become a MAJOR Part of Your Lifestyle

- Running becomes a part of WHO YOU ARE, and not just something that you do
- SELF MOTIVATION v. External Motivation
- Important to surround yourself with others equally committed to being good runners
- Older runners must be role models for younger runners. Positive team atmosphere can be critical to development of young runners.
- THINK: How is this going to help me improve as a student, runner, person?

COMPETITIVENESS

- To succeed in running/athletics/academics at a high level, you must **LOVE to COMPETE.**
- Accept the challenge of competing against those who are better than you, competing in adverse conditions, competing when much is at stake (ie.Championship meets).
- Compete against yourself, your own fears, your own self-imposed limitations.
- Learn to make it fun and rewarding to COMPETE at your best. It's fun to be good.
- Competing is the REWARD, not the EXAM.

SELF-RESPONSIBILITY

- YOUR SUCCESS or FAILURE DEPENDS ON **YOU**
 - Not your coach
 - Not your parents
 - Not your teammates
 - Not the weather, facilities, etc.

By learning to accept responsibility for your own success/failure, you learn all that you control is your own effort, and you learn not to worry about the things that you can't control. Once you focus on what you can control, success can follow. Let it!

LEARN TO DEAL WITH FAILURE

- Most successful runners/people have lost/failed more than they have won, yet found a way to keep going forward.
- How do you deal with failure?
 - Do you give up or lower your expectations?
 - or
 - Do you learn from loss and use it as motivation?
- To achieve at a high level you must be willing to take risks, and with risk there is a high probability of loss/failure. Learn to accept failure/loss as part of the game and learn to DEAL WITH IT!!!

RESILIANCY

RESPECT

- SELF
- Authority: Parents, Teachers, Coaches, Law
“Coachable” “Can handle criticism”
- Peers: Teammates, Classmates, Friends
“Great teammate” “Great motivator”
- Opponents/Competition
“Respect everyone, fear no one”
- Our SPORT – Become a student of the sport

GOAL ORIENTED

- Successful runners/athletes/people learn to set hard, yet realistic goals.
 - 1st step to achievement is setting goal
 - Goals vs Day Dreams
 - Ultimate goal and Intermediary goals- How do you plan to reach that ultimate goal?
 - TEAM Goals / Personal Goals
- “ The tragedy of life does not lie in not reaching your goals, it lies in having no goals to reach.”**

CHOOSE TO BE GREAT

- It is not enough to want to be “JUST OK”, or settle for being “PRETTY GOOD”. You will always feel that something is missing.
- Don’t settle for being “average”. Challenge yourself each and every day to be the best that you can be that day.
- REACH YOUR FULL POTENTIAL
- **“Whatever you do, do with your might. Things done in halves are never done right”.**

PRIDE

- Pride in self, family, team, school, community
- In all you do, work hard to project that pride
- Every effort of yours is a reflection of those others
- “Craftsmanship” – Your “signature” is on every effort you produce
- “You never get a second chance to make a positive first impression”.
- Difference between pride and ego or conceit

FAITH /PASSION/TRUST

- You must believe in something greater than yourself - **FAITH**
- You must believe in what you are doing with all of your heart - **PASSION**
- Believe in your coach /training plan/ teammates/ your own ability to achieve your goals. Great athletes and teams believe in their “program” and in each other - **TRUST**

MAKE THE MOST OF WHAT YOU HAVE

- There are no “special” people here. We are all blessed with various abilities, strengths, weakness. No one is born or predestined to be successful.
- Successful people will be those who work the hardest to develop to their fullest the gifts that they have been blessed with, work to minimize their weaknesses, and take advantage of opportunities presented to them.
- “Our talent is a gift from God, what we do with it is our gift back to HIM.”

LEARN TO APPRECIATE/ENJOY THE SUCCESS THAT YOU HAVE

- LASTING Success as a runner requires a series of smaller successes. You are not going to “hit a home run” every time out. Enjoy the “singles” that can eventually add up to something very special.

SUCCESS IS A CHOICE

CHOOSE WISELY



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