



“ROW THE BOAT”

“ROW THE BOAT” is not about one person - it incorporates EVERYONE!

PHILOSOPHY: make sure our goals are emphasized and we reinforce our Values. We become what we say we want to be which is “Elite Men & Women”.

ORIGIN: think back to a tough setback or situation in your life and what did it take for you to “keep rowing” no matter what the outcome was, what happened or what possibilities were - we learned to handle it by “keep rowing”.

A key concept for handling Adversity or Success.

THE CONCEPT: We are facing in the opposite direction. We don’t know where we are going all we can see is the past and the present. However, the key is to row with the same energy, speed, power and commitment so we can get from Point A to Point B as efficiently and quickly as possible.

EQUIPMENT:

OARS = Energy, **BOAT** = what is it made of? (Strength, thickness, etc.). **COMPASS** = direction (where are we now, where have we been and where do we want to go = Goals)

DISTRACTIONS: What happens if one or two people don’t want to row. We will begin to zigzag and get off course. What happens if a whole side doesn’t row - we go in circles and never get anywhere.

THE KEY: We need everyone rowing and heading in the same direction i. e. starters, coaches, managers, student body, faculty, parents, community = everyone should have an oar.

TEAM EXERCISE: Put the players in groups of 8 and sit on the floor / field as you explain these concepts

SUMMARY:

When we row we don’t know what is in front of us. Are there rocks? Waterfalls? Adversity? Calm Waters? What we need is Commitment, Teamwork, Guidance & Encouragement (Coaches & Parents), Support (the Community) so that we can keep on going with the same Commitment and Energy = **ATTITUDE & EFFORT**

TO SEE A GREAT VIDEO FROM COACH FLECK THE ORIGINATOR:

<https://www.youtube.com/watch?v=ZoGqXuQK0Vc>

“MAKE IT A GREAT DAY +1”