

## **ELLS KISSINGER COACHING PHILOSOPHY SPEECH**

Gentlemen, I want to thank you for giving me this opportunity to speak here this evening. I would like to give you some of my experiences and thoughts on what young people receive from participation in interscholastic athletics, in particular, from football. Since this is the sport that I have the most experience.

U.S. Supreme Court Justice Byron P. White, who was an All-American football player, said, "Sports and other forms of vigorous physical activity provide educational experience which cannot be duplicated in the classroom. They are an uncompromising laboratory in which we must think and act quickly and efficiently under pressure and they force us to meet our own inadequacies face to face, and do something about them, as nothing else does.

Interscholastic athletics provide opportunities for young men to develop many personal traits and characteristics.

I would like to elaborate on several of these characteristics.

1. Physical Fitness – Physical activity and training methods provide an experience of how the body functions and why regular exercise is needed. It is experience which best creates a healthy attitude with benefits that can last a lifetime.
2. Develops Self-Confidence and Pride – People react differently under pressure, in the face of adversity and in winning and losing. Athletics provide many opportunities for a person to learn to deal with many different situations. An individual who is aware his own strengths and weaknesses knows himself as a total person and is more sensitive to other people as well.
3. Self-Discipline – A coach imposes external discipline and a player learns an important lesson in responding. But the lesson of self-discipline is even greater. In order to participate fully and keep a routine, one must deny himself pleasure; this trait can carry over into many facets of life.
4. Self-Motivation – I think that this characteristic is probably the most important one because to be successful in any situation be it athletics or business you must be able to motivate yourself. Motivation is the key to success.
5. Team Concept – Teams support and you have responsibilities to other members of the squad. When the going gets tough you depend on your teammates and they can depend on you. It is being part of something.

What are the qualifications of a good coach? Coaching is not a job. Being a coach is a privilege.

1. Education value of the sport.
2. Enthusiasm.
3. Positive attitude, Coach Up.
4. Coaches must communicate with players. A player must believe that he can communicate with you as a man. You must make him feel important and that he has a worth and that you believe in him for his own self-worth.
5. Time.

### **Winning Philosophy**

I don't believe in a philosophy of "win or else", but I do believe you must play to win. The reason I feel this way is because you must develop a positive attitude toward what you are doing, toward the work.

### **Community and Athletics**

A unique role that interscholastic athletics play in education is providing communication between a school and its community. Schools need community support and athletics are an interest and language that most people understand. Athletics can bring about good relations between the citizens of a community and the school, which will result in citizens' support for the total educational program.

Gentlemen, I believe we can take this attitude toward football. When you compare football to other segments of our society, when you compare it to the other parts of our educational system, I think you'll find that football compares extremely well and stands very high on the list of worthwhile achievements. I hope that you Gentlemen, as leaders of our communities will help support our athletic programs, both physically and financially. He must feel important and that he has worth and that you believe in him, to foster his own self-image.