

The PR Philosophy

A personal coaching philosophy by Eloy Garza
PSJA ISD Track & Field District Wide Throws Coach

“What kind of person would you be if your singular focus in life was not to beat your competition, but to reach your maximum potential in every endeavor?”

It is all too common for athletes to focus all their energy on trying to beat their competition or get first place. What happens to the athlete who cannot achieve this goal? For these athletes, the negative effects can be poor self-esteem, anxiety and loss of motivation. Oppositely, gifted athletes who easily outperform their competition may not be motivated to seek their own maximum potential if the only goal is to get first place.

The hard reality of life is that not every person can stand at the top of the medal podium. As a society, we are now starting to see the adverse effects of "participation medals"; giving young developing athletes the misconception that they deserve a trophy for simply participating in an event. As if to say "you're a winner just for competing". Life does not work this way. You will never get your dream job simply because you went to the interview; you must be the best prepared candidate for the position! Therefore, I believe we must use competition as the vehicle to push our own boundaries, not simply to beat the competition.

There is nothing wrong with having a "winning" mentality. We simply need to re-define what a "win" is. If you define a "win" as getting first place, then you establish a goal that may not be achievable or challenging enough depending on the athlete. However, if we define a win as "achieving your own personal record (PR)" then we establish a goal that is not only achievable but transcends the boundaries of a simple competition. We have now developed the basis for continued growth, self-improvement and above all the foundation for a successful mindset that will carry on well past the athlete's athletic career.