The Power of Positive Coaching

Coach Tim Welsh built a legendary career in over 36 years as a men's and women's swim coach at the college level. After winning back-to-back Division III National Championships at John's Hopkins in the late 1970's, Welsh spent the last 29 years of his career at Notre Dame. With a total of 33 conference titles on his resume and 12 All-Americans, he may be more well known across the country for the relationships he built with his student-athletes and his contributions to the sport of swimming as a whole.

In this week's Coach Note video, Welsh shares his secrets of coaching with the Play Like a Champion community. We would all do well to heed his wisdom.

You can learn more about Welsh's tremendous career and international accolades by clicking here or here.

Summer is coming! Register for the 2018 Leadership Conference NOW!

Register now for the 2018 Play Like a Championship National Leadership Conference! Click here to visit the official conference page, where you can learn more and register today. This year's conference is June 22-23, 2018 on the campus of the University of Notre Dame. You don't want to miss out on the premier conference for coaches and administrators of youth and high school sports in North America!

"I absolutely LOVED the retreat and conference! Holy cow! What I appreciated the most was how it flowed from one thing to another and even the discussions during lunch. It kept everyone engaged and maximized the most for the time. I didn't want it to end! Thank you so much." - Andy Shaw, Rapid City, SD (2016)

The Quotable Coach
"A common mistake among those who work in sport is spending a disproportional amount of time on "x's and o's" as compared to time spent learning about people."

Coach Mike Krzyzewski

He's the all-time Division I Men's Basketball win's leader and a 3-Time gold medalist with USA Basketball. While his ability to teach x's and o's may be among the best ever, Coach K has always emphasized the importance of relationships over game strategy when building teams and maximizing the potential of athletes.

Sports Stations of the Cross

The Play Like a Champion Today Educational Series offers a Sports oriented Stations of the Cross that is perfect for using with your teams this Lent. This includes scripture and meditations for each station that allow athletes to consider spiritual, physical and mental growth in the context of being a Catholic athlete.

Below is a meditation on the Ninth Station of the Cross. If you are interested in the full set, please contact us at information@playlikeachampion.org.

The Ninth Station: Jesus falls the third time

Psalm 22:14: I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me.

Have you ever felt the feeling of wanting to quit because things are just not going your way? You have persevered through some tough times and almost made it but the pain comes back. You were once the "go-to-person" on your team, but this is not the case now. You were an all-star and now you are not seeing any playing time. But deep in your gut, you know you can't quit.

Who or what can give you the courage to go out there one more time to get it right?

All: Give me the gift of persistence so that I might persevere to become more like you, Jesus.