

Deconstructing Excellence

Questions That Lead to Action

Jodi Hawley, Coach Developer



PROUD MEMBER OF THE | FIER MEMBRE DU

SPORT INSTITUTE NETWORK

RÉSEAU DES INSTITUTS DU SPORT

WHY?

Leaders School Learning



EXCELLENCE TAKES TIME



PROUD MEMBER OF THE | FIER MEMBRE DU

SPORT INSTITUTE NETWORK

RÉSEAU DES INSTITUTS DU SPORT

3 Questions

- What is excellence?
- What motivates us to pursue excellence?
- When does the pursuit of excellence begin?

excellence

NOUN

[mass noun]

- 1 The quality of being outstanding or extremely good.

'awards for excellence'

'a centre of academic excellence'

+ More example sentences

+ Synonyms

- 1.1 *archaic [count noun]* An outstanding feature or quality.

+ Example sentences

<https://en.oxforddictionaries.com/definition/excellence>



The quality of being outstanding

Process?

**“We are what
we repeatedly
do. Excellence,
then, is not an
act, but a habit.”**

— ARISTOTLE

Effort

Process

Persistence

I'VE MISSED

MORE THAN 9000 SHOTS IN MY CAREER.

I'VE LOST

ALMOST 300 GAMES. 26 TIMES, I'VE BEEN TRUSTED TO TAKE THE GAME WINNING SHOT AND MISSED.

I'VE FAILED

OVER AND OVER AND OVER AGAIN.

THAT IS WHY I SUCCEED.

KEY PERSON *of* INFLUENCE

WHAT MOTIVATES US TO PURSUE EXCELLENCE?

FUN



NEW YORK TIMES BESTSELLER

"Provocative and fascinating." —MALCOLM GLADWELL

Daniel H. Pink

author of *A Whole New Mind*

DRIVE

The Surprising Truth
About What Motivates Us

3 FACTORS LEAD TO BETTER
PERFORMANCE & PERSONAL
SATISFACTION...

AUTONOMY
MASTERY
PURPOSE



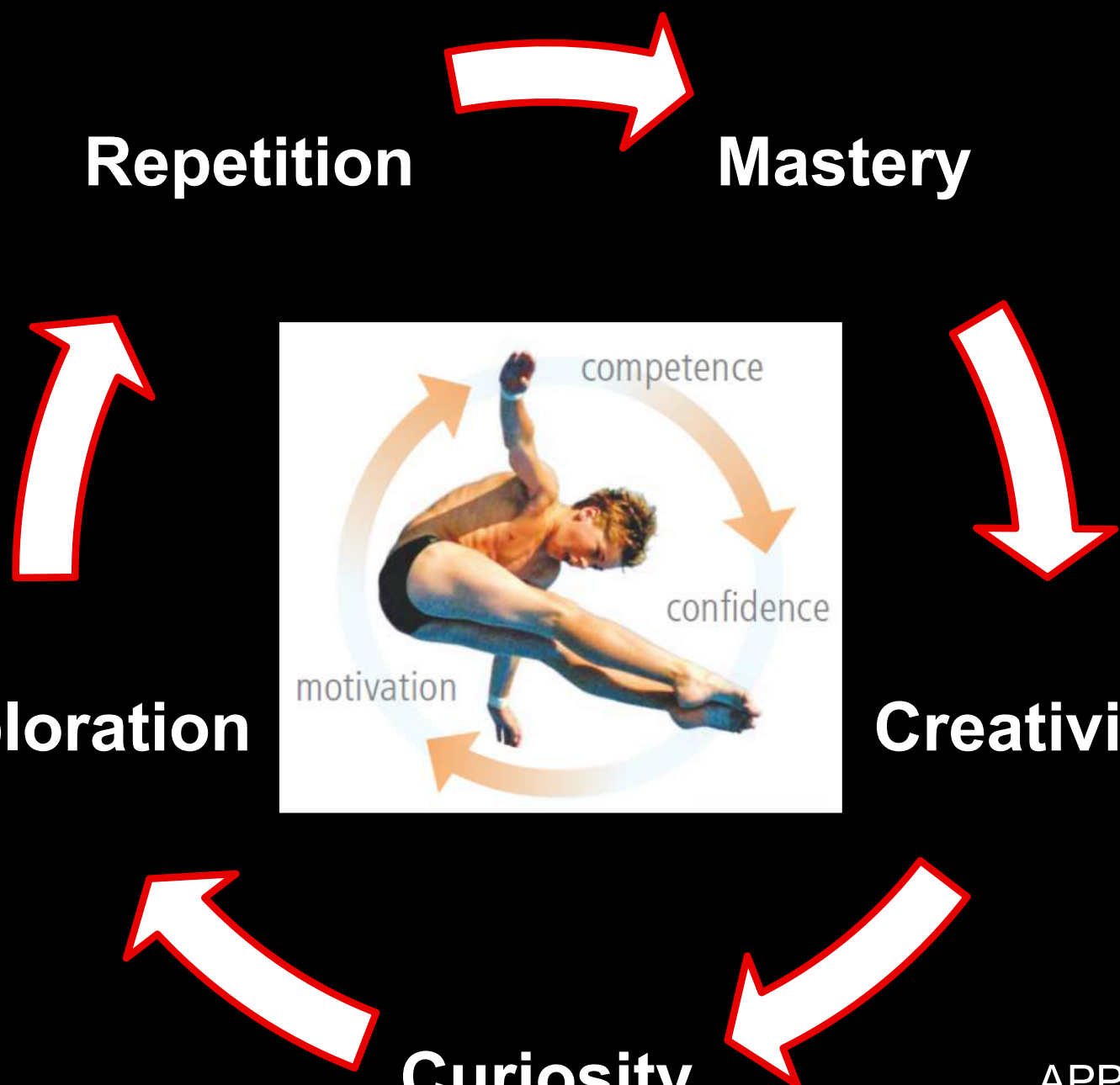
Repetition

Mastery

Exploration

Creativity

Curiosity



APPLE model
Source: Dr. Dawne Clark,
Mount Royal University

Affordances

Clues in the environment that indicate possibilities for action

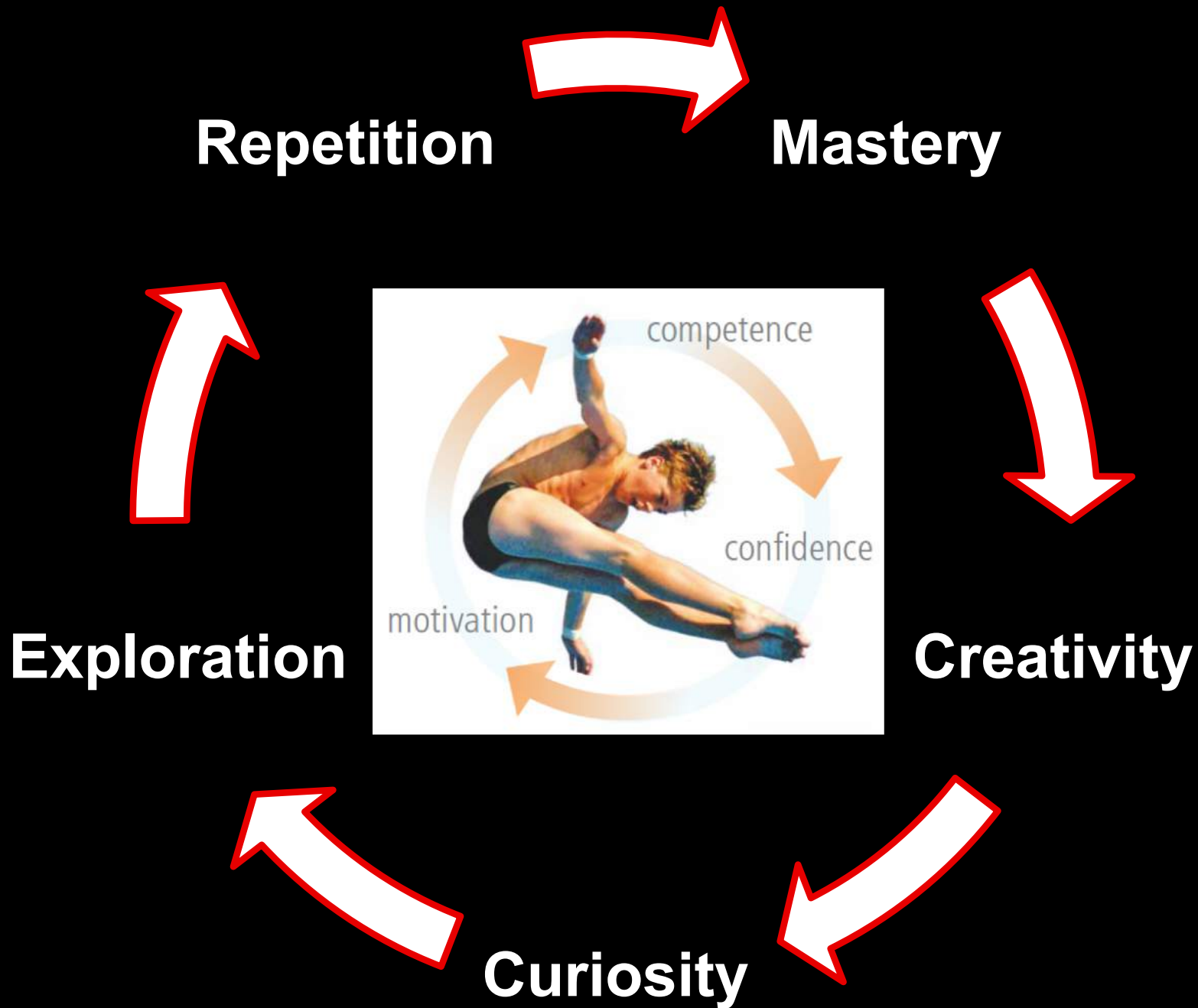
Relative to performer's ability to interact

Perceived in a direct immediate way with no sensory processing (reflex)

Exploration + Curiosity = Creativity

<https://www.learning-theories.com/affordance-theory-gibson.html>

**WHEN DOES THE PURSUIT
OF EXCELLENCE BEGIN?**

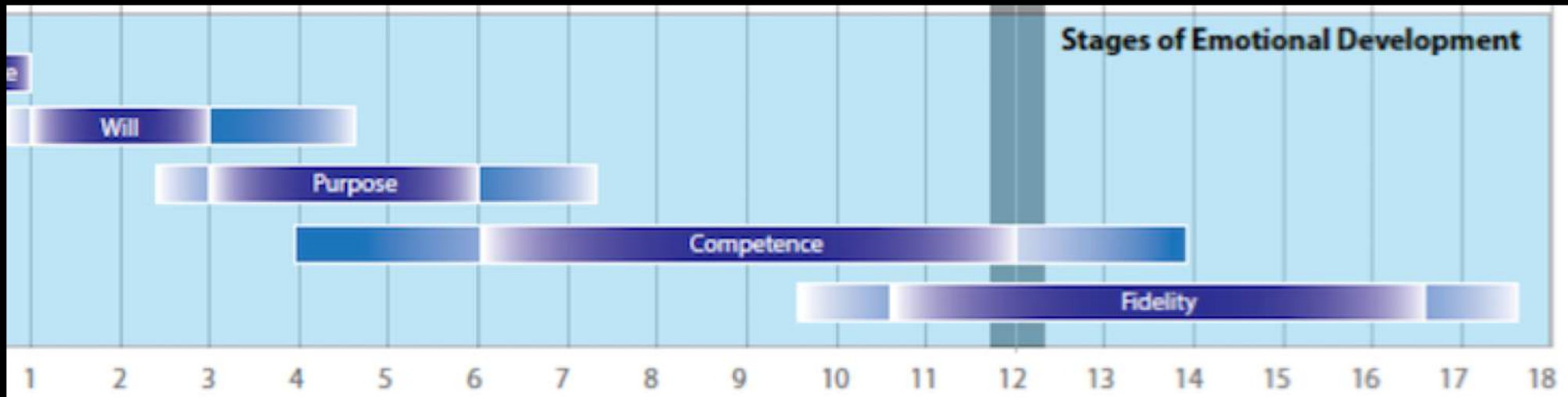


Emotional development

- Autonomy < 3 yrs
- Exploration < 7 yrs

Intellectual development

- Abstract thinking < 7 yrs





Integrity
Mindfulness
Commitment

Ownership
Balance

Flexibility
Honesty
Growth Mindset

Bobbi DePorter, 8 Keys of Excellence

Source: http://8keys.org/8keys_defined.aspx

Physical Literacy



Excellence

Conclusions

- Excellence is a process that looks different at each LTAD stage
- How to encourage excellence
 - Praise effort, reinforce process, reward persistence
 - Know what fun looks like for your athletes
 - Facilitate play at every stage of development to encourage autonomy & creativity

Thank you

Canada 



PROUD MEMBER OF THE | FIER MEMBRE DU

SPORT INSTITUTE NETWORK

RÉSEAU DES INSTITUTS DU SPORT