

Excellence Takes Time

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- It takes 10 years of extensive practice to excel in anything !

H. Simon Nobel Laureate
(1982)

10 Year Rule?

10 years

10 thousand hours

3 hours a day

It takes 12-15 years to medal at
the Olympics - USOC study
surveyed 3 Olympic Games

Takes 10 years to make the Olympic
Team

Dr. Ross Tucker - South Africa

- Wrestling 5000 hours
- Soccer 4000 hours
- Triathlon 4000
- The athletes participated in 3 or 4 sports before specialization
- Hopscotch?

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