



## When bronze is both a blessing and a curse...defining success

At our recent high school provincial championships (OFSAA) I had two athletes hit the podium, winning bronze medals. This is an extremely difficult thing to do since this is one of the most competitive meets in Canada. One was over the moon excited and the other in tears of disappointment. Why? They were both successful, weren't they?

It depends on how you define success and how it applies to your athletes.

The excited athlete did not make it to OFSAA the previous year and had struggled to finish well early in the season. Then, everything clicked, and it turned out magical. She beat a number of excellent athletes and ended up third. The disappointed athlete was the defending champion and lost to another competitor who was a grade lower and jumped better. To her, this was a failure. She did well, but not quite well enough, finishing third also. So, to the one, I hugged her and celebrated her amazing achievement. The other I hugged as well as she cried, allowing her to have her moment of disappointment.

Each response was appropriate.

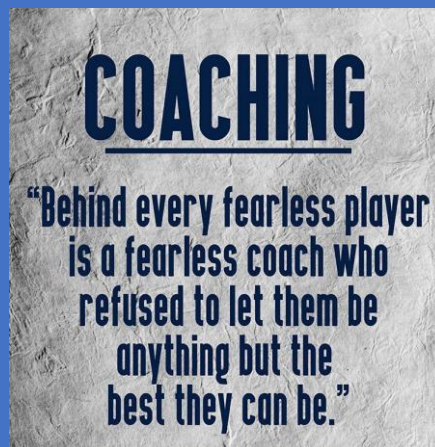
Here's the point coach- Though athletes may look alike they all are different in terms of temperament, emotions, motivation and goals. A coach needs to be sure they pay attention to these and then adjust their style and how they define what success looks. This also pertains to how we look at results. We should seek to understand our athletes

in every circumstance to maximize the potential within. This is putting the athlete ahead of our own feelings. My emotions were mixed in this case because the athlete who had beat her was another one of mine. So, I tempered my celebration and spent time with the one struggling.

This principle applies to teams as well. What measures are you using to define the success of your team and those who make it up? Do you celebrate the achievement of process goals or are you looking only at the end result? I think you know the correct answer here. Be a keen observer of those you coach. This is what 3D coaching looks like. Find a way to reach the uniqueness of your athletes and then celebrate the achievements they make no matter the level and you will be successful.

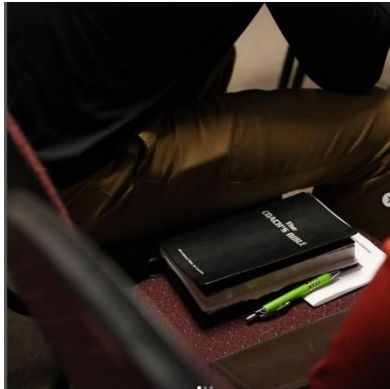
Another key part of understanding success, for the Christian coach, is that success is defined as aligning one's life and goals with God's purpose. This perspective emphasizes faith, obedience, and spiritual growth over external achievements. Success is measured by one's relationship with God, character development, and service to others. A follower of God might say, "Success isn't just about achieving my goals, but about becoming the person God created me to be." This is particularly the case for the Christian coach. We need to prioritize integrity, humility, and compassion, recognizing that true fulfillment comes from living a life that honors God. This definition encourages individuals to reevaluate their priorities, seeking God's kingdom first and trusting in His plan. Ultimately, success is about glorifying God and living a life that reflects His love and character. This mindset fosters a sense of peace and contentment.

Christian or not, by looking at success in a broader sense, we can help our athletes experience a deeper sense of purpose, joy, and satisfaction, even in the face of challenges. So, be faithful in your calling, and watch as God works through you to make a lasting impact. You've got this!



**...this applies in all three dimensions of our athletes**

## This Issue's Devotion:



### Small wins that lead to victory

I've been thinking lately about the process that leads to victory as a coach as this season begins to wrap up. I've been fortunate to have achieved a high level of success, perhaps my best ever. But as I look back to what we as a team have done, I have shifted my thoughts to how we need to bring a similar mindset to our lives. How do you see victory in your training of the athletes you work with? We talk a lot about goals, and goals are good things, but what about winning? What about achieving victory?

Victory, by definition, is an achievement of mastery or success in a struggle against odds or difficulties. They should be the end product of goals that stretch us.

I talk a lot about perseverance in my pastoral ministry and my coaching. In fact, I shared this idea this past weekend at a clinic I was involved with through FCA Canada. This works into a lot that I do. A Bible verse that is central to my coaching practice is 'train yourself to become Godly'. This is found in 1 Timothy 4. Later in the same chapter, we read "watch your life and doctrine closely, persevere in them, because if you do, you'll save both yourself and your listener." How do you persevere? By looking for small wins.

So often we're looking for the big flashy things to 'do' in order to grow, realize our talents or live out the plan God has prepared for us. But we build character, not just as coaches but people, we live the fulness of life that God has for us, in the small things. It's the simple acts, sometimes done day-in and day-out, that shape who we are when the opportunity to shine comes.

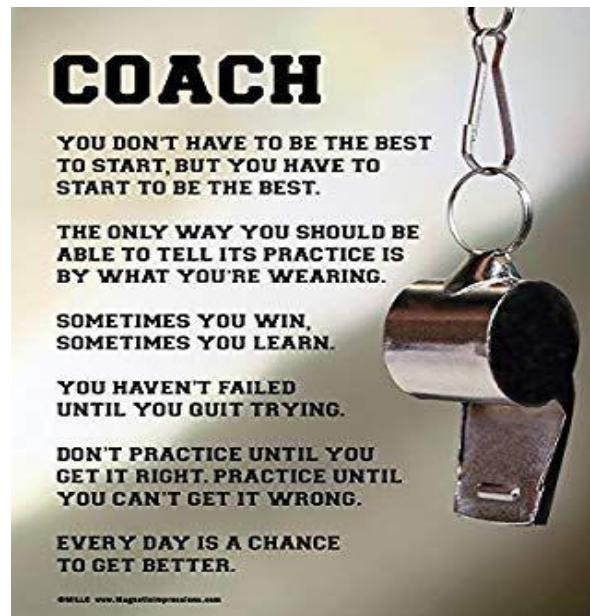
So, what can I do? It's the small battles that lead to the big victories. It's the grind, it's not giving up. It's persevering. What that looks like is making your bed and emptying the sink. It means opening your mail or getting dressed. Wait! Those aren't world changers! Perhaps, but they will change you. When we can be found faithful in the daily, mundane, routine tasks of life we can be trusted with more. Doing things like this also gives a sense of accomplishment.

These are called small wins.

Small wins allow us to gain a sense of momentum and even control of our lives. They're so easy to skip, yet also so easy to do. When we do them we build a habit of accomplishment that can be built upon. Once you develop the habit of doing the mundane you will soon find yourself able to start to move forward in other areas.

Done that? Good! Now bring it into the context of where you influence people- with your team and athletes. By paying attention to the small things, by doing what's in our

control consistently, when the day comes that you have that moment to shine, you will make a difference. You'll be ready. Until then, make your bed!



## ***3D Coaching Corner:***



**FCA Canada is excited to provide world-class training for Canadian coaches through the 3D coaching method. We are the exclusive Canadian partner of the 3D Institute which has developed this unique coaching philosophy and methodology**

### **2<sup>nd</sup> Dimension Strategy- Goal Setting**

We all set goals not just in athletics but in life but. It's important to remember goals are not the same as purpose. If we don't distinguish between the two our highest performance goals will often be confused with our purpose. Purpose is part of our 'why', goals are part of our 'how'.

With this in mind, let's look at how we can goal set from a 3-Dimensional perspective. There are 3 kinds of goals we can work with: outcome, performance, and process. Outcome goals are the desired results of a competition. These should be used sparingly and always with the input of the athlete or team since they are the least in their control. They can be demotivating or lead to unethical behavior if not attainable. Performance goals are the individual actual results in relation to a determined standard of excellence (for example- shooting 75% from the field and 90% free throws). There is no coaching involved here but is instead a statistical measure.

Process goals are where the 3D coach thrives. They are concerned with how the athlete performs particular skills or executes strategies in the moment. The sports experience then becomes an intrinsically motivated journey; it becomes the 'how' to a performance goal. Great coaches are process oriented, the outcome and performance goals are a byproduct of having process goals in place.

So now we understand the difference. The good thing about goals is they narrow focus and should ultimately point us towards the purpose for our team or athletes. If goals and purpose are ever in conflict, purpose should always take precedence.

To summarize then, when goal setting remember, outcome goals are mostly useless since most everyone competing wants to win and no one should set a goal of losing. Performance goals have some importance since they allow the coach to measure what needs to be worked on. While process goals empower the athlete to achieve the other two.

I was watching a lecture from one of the top track and field coaches in the world and he reinforced this 3D thinking. He said: "We never look at outcome or performance, only process. Understand, our Olympic athletes are often on 2-4 year training cycles looking to peak at that point. So for us, we only measure the KPI's in each of their training cycles. If we get that right, the results will come." That's so very true! Coach, align your goals and watch your athletes flourish!

Like to go deeper in this? Why not book a 3D clinic or workshop?

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## Wisdom from Wooden

*"Don't whine...don't complain...don't make excuses."*

- Coach John Wooden

...we often say this to our athletes but remember, it starts with us!

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# FIT 2 LEAD

## *Fit2Lead Tip*

### **How to Stay Healthy If You Sit All Day**

If you spend most of the day at a desk or not moving as much as you should, research suggests that adding two-minute bursts of movement can help you regain control of your health.

Prior research found that when you sit all day, your muscles are not as good at absorbing and using amino acids, which are the building blocks of protein. This could mean you don't build as much muscle, or the calories you eat aren't being used efficiently and could be stored in ways you don't want (such as fat).

The latest research found that a few mini-breaks — even at your desk — could awaken your muscles and keep them working in your favor.

When the participants took a two-minute walk every thirty minutes, or stood up and performed 15 chair squats (standing up and sitting back down at their chair) — their muscles were better at absorbing and utilizing amino acids in their blood stream.

Research suggests that if you spend your days sitting, it could be causing issues for your overall health, heart, and brain. So you have a lot to gain — and very little to lose — by finding the time for 2 minutes of walking or about 30 seconds of squats.



### ***Executive Director's Corner- FCA Canada Updates***

As an organization we seek to transform the world by Jesus through the influence of coaches and athletes. If you've been involved with FCA Canada or have been reading this newsletter for a while you will likely know this. Still, it bears repeating since mission drift is common for ministries, churches, teams and businesses. I'm not going to talk to the coaching side, I hope I've shared enough content on how you can move forward as a 3D coach. But this is something that's been on my mind as I seek to move this ministry forward based on God's call for us. As I've shared before, our main methods of

delivery are programs, training and resources. Since the last issue of this newsletter, I have been busy examining everything we do to ensure that these align with God's call. I'm confident that we do. But what's next? As Jesus taught in John 15 in the parable of the vines, we are being pruned to bear more fruit. FCA Canada is no different.

So, what does this look like for us?

We are starting to pivot our programming to a more skills-based and skills-developing posture. We are expanding what we do in the area of fitness training as well. We are looking to be more intentional with our training and working in partnership with other organisations as much as possible. Finally, we are looking to use our resources, especially bibles, with greater purpose.

Are you a coach or leader in an organization that would like to use your abilities more missionally? Would you like to bring an element of character building into your sports environment? As someone who has done it, and is moving our ministry in this direction, I'd be happy to talk to you about how you can do this.

With this in mind, we continue to partner with churches and ministries to offer missional sports programs that can be used for outreach or for growing in discipleship. While traditional league offerings are an anchor for us we are looking at new ways of reaching athletes and coaches. We also continue to look at how to move into the club sports space. So, if this is something you'd like to discuss (or dream about) a bit more about, let me know.

Bottom line, we continue to desire to see Jesus impact the world through the influence of coaches. We're here to help and also to walk with you. Keep letting your light shine!



**We're here to help!**

[www.canadafca/coach](http://www.canadafca/coach)

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**FCA Canada is a donor-funded ministry and so are always looking for people, churches or organizations that would be interested in partnering with us in our mission to engage, equip and empower coaches and athletes to experience the fullness of life offered through Jesus. If you, or someone you know, would be interested in exploring how you might be able to support us financially I'd love to chat with you about it.**

