Mind, Body, Form and the Journey:
Creating a STRONG Culture
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Essential Questions

• What does success look like? (Athlete + Coach)

• Are we training our athletes to be champions in Wichita … or in life? Where do we place our effort/energy/plans?

• What are the differences between the “Destination” Training approach vs. the “Journey” Training approach?

• How can we be “successful” in the Journey? How do we measure it?

• What does building a “STRONG CULTURE” mean? What is right for your team?

• How does creating “strength of mind” fit into the Journey?
  
  o What is the evidence that our athletes have this strength?

  o If our athletes aren’t mentally strong… how do we change our training to focus on that?

• How does creating “strength of the body” fit into the Journey?

  o What is the evidence that our athletes have this strength?

  o If our athletes aren’t physically strong… how do we change our training to focus on that?

• How does creating “strength of form” fit into the Journey?
What is the evidence that our athletes have this strength?

If our athletes aren’t technically strong... how do we change our training to focus on that?

- How can we get our athletes to value the Journey... how can we get them to expand their focus?

- How can we “celebrate/honor/recognize” the champions of the Journey?