

Kate Whitman Annis – Coaching Takeaways

Three Coaching Principles

1. **Focus on Strengths First** – Know your athletes' challenges, but lead with their strengths. Support them as people first.
2. **Prioritize Preparation Over Perfection** – Celebrate effort and progress. Success comes from trying, learning, and growing, not flawless execution.
3. **Speak Up, Step Up, & Own Success** – Teach athletes to use their voices, advocate for themselves, and embrace leadership.

Coaching Challenge

This week, highlight one instance where a player **took a risk**—whether they succeeded or failed. Celebrate the attempt. Ask yourself: *Am I reinforcing perfection, or am I encouraging growth and courage?*