So we came to APPLE...

Now what?
"It's amazing what you can accomplish if you do not care who gets the credit."

- Harry S. Truman
"When you do the common things in life in an uncommon way, you will command the attention of the world."

- George Washington Carver
Keep your APPLE action plan simple
"It takes as much energy to wish as it does to plan."

- Eleanor Roosevelt
"Service to others is the rent you pay for your room here on earth."

- Muhammad Ali
Create an APPLE team commitment agreement
“Don’t raise your voice, improve your argument.”

- Desmond Tutu
More work on your APPLE Action Plan up front...

Means less work and more help down the road!
"The trouble with not having a goal is that you can spend your life running up and down the field and never score."

- Bill Copeland
“The most common way people give up their power is by thinking they don’t have any.”

- Alice Walker
How will YOU help your APPLE team succeed?
"The secret of getting ahead is getting started."

- Mark Twain
“True leaders want to see programs grow and succeed.”

- Joe Gieck
YOU DON’T NEED A TITLE TO BE A LEADER
“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”

John Wooden, Head Coach

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.
Characteristics of a Good Leader

Hard Work

Enthusiasm

Characteristics of a Good Leader

Team Spirit
Loyalty
Friendship

Coach John Wooden’s Pyramid of Success
Characteristics of a Good Leader

Initiative

Enthusiasm

Cooperation

Characteristics of a Good Leader

Skill
Confidence
Poise

Characteristics of a Good Leader

Alertness

Intentness

Self-Control

Competitive Greatness:
Perform at your best each day.

YOU ARE a Leader
"We cannot solve our problems with the same thinking we used when we created them."

- Albert Einstein
"People who work together will win, whether it be against complex football defenses, or the problems of modern society."

- Vince Lombardi
“The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel.”

- Steve Furtick
"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

-Mother Teresa
"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

- Maya Angelou
"Live as if you were to die tomorrow. Learn as if you were to live forever."

- Mahatma Gandhi
"Success consists of going from failure to failure without loss of enthusiasm."

- Winston Churchill
“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

- Ralph Waldo Emerson
“A leader is best when people barely know she exists, when her work is done, her aim fulfilled, they will say: we did it ourselves.”

- Lao Tzu
“Sport has the power to change the world...
It has the power to inspire.”

- Nelson Mandela
WASHINGTON, DC

APPLE TRAINING INSTITUTE
NCAA DIVISION II

THANK YOU!
Before you leave, turn in your:

- Team Action Plan (online)
- Conference Evaluation form (online)
- Individual Post-Tests (on table)

Evaluation form link: [www.appleathletics.org](http://www.appleathletics.org)

HAVE A SAFE TRIP HOME!