

Nick Saban Notes – Mayville State Women’s Basketball

How Good Do You Want to Be?

-By focusing on what it takes to get there, and not on getting there, our team was able to win the BCS National Title

-It is not just about having the best players – *it’s about being relentless in the pursuit of your goal and resilient in the face of bad luck and adversity.*

-The opponent should never determine your level of competitive spirit

-It was our resiliency that allowed us to overcome our own errors and mistakes

-In my three decades of coaching, I’ve learned that the process is much more important than the result

-I am more concerned with the players being the best they can be, no matter what their chosen profession or goals in life.

-You don’t have to have fame and fortune to be a champion.

-Develop your product – The product I am referring to is people. People are what an organization to be successful.

-Our product is our players, and our players need to know where we are going.

-We want young men to be better people because they played football at Alabama.

-Our way of paying athletes back for representing Alabama, is to make sure they graduate.

-In life, your road map is knowing what you want to accomplish then committing yourself to doing the things necessary to reach that destination.

-The major by-product of creating a mission statement and vision for your organization is that it creates a culture of expectations.

-In any organization, you must set out guidelines and provide the support for behavior that adheres to those guidelines.

-“What you do, you do to everyone in this room!!!”

-Commitment is your dedication to your task, your organization and your teammates.

-The more options you have, the more possible retreat is made, the easier it is to break a commitment

-Conviction is your strong belief in what you are doing.

-Beyond commitment and conviction is character – that crucial blend of personality and values. It is the essence of who you are as a person and reveals much about what you’ve experienced and what you want.

-Attitude is directly affected by expectations.

-These attributes – commitment, conviction, character and attitude – do not ensure success, but they make it possible.

-Hard work is what allows you to reach your potential.

-Instead of complaining about co-workers or office politics, invest your time in things that will help you be productive.

-What you want should be something you've already earned. It's important not to allow people to feel they are entitled to something that they haven't worked for.

-Sometimes individuals, trained to see the rewards for their hard work on the scoreboard or in print, lose their motivation and get frustrated too easily. It can take years to build a successful organization or to enjoy professional success.

-What I admire so much about Michael Jordan is his unique ability to put aside mistakes and failures immediately and move on to the next play.

-Perseverance is essential for success.

-Perseverance gives you the DRIVE to do it, your actions give you the ABILITY to do it.

-When you face adversity in your personal life or on the job, react to it with a proportional response and do not back down because of a challenge.

-Pride is what pushes you to do your best at whatever you are committed to accomplishing.

-Being the best you can be is something that you can personally evaluate.

-Stay focused on the next play to dominate.

-I have noticed how many coaches and business leaders now teach in a defensive mode, trying to stop the opposition or anticipate their moves, rather than simply focusing on what they can create.

-“We create the outcome of the game, by doing what we do.”

-You must believe in who you are, what you are, where you are going, and how you are going to get there.

-There are simply too many options in today's world, being able to focus is the key to success for businessmen, parents, coaches and teachers.

-The ability to eliminate distractions and focus is not easy but will help you get better at everything you do.

-CHAMPIONS CAN NEVER RELAX!!!!!!

-You can be successful at more than one thing in life – it's called “seeing the big picture”.

-Focus is the ability to zero in on what's important and being able to avoid distractions to complete the task.

-Expecting success creates positive results and gives you the confidence to go out and do just that.

- “I wasn’t paranoid – I simply understood that success is never final”.
- Failure is not fatal unless you refuse to grow from the experience.
- You need to show that you don’t tolerate mistakes, but you also must learn and teach how not to repeat them.
- Michael Jordan missed 12, 192 shots in his career. He made less than 50% of the shots he took.
- For every great invention that succeeds, an inventor fails thousands of times.
- If you are a leader, you must constantly be careful not to motivate by fear or failure.
- if you show up to compete with your very best preparation and effort, then you honor yourself and your team. Regardless of the outcome, you cannot truly lose.
- If you have been successful in developing the product, then you have the characteristics necessary to go a step farther, defining the strengths and weaknesses of your opponent and you.
- Proper preparation prevents piss-poor performance.
- “In critical situations don’t think of plays, think of players.”
- If you are going to lose, do it with your best stuff. Know your strengths, play to them, and make the opponent beat you doing it.
- The bottom line is that every team or a company is about people. People bring the strengths and weaknesses to any organization.
- It is my job as the coach to help young men play to their strengths while working on their weaknesses.
- Anticipation and preparation rest mainly on the shoulders of the leaders of an organization.
- One thing that I know successful coaches and leaders do is continually reevaluate themselves and look for innovative methods.
- CHAMPIONS EMBRACE CHANGE
- To truly grow as people and professionals, we must step out of our comfort zone and take on the unknown.
- The better you prepare with good information, the better you can calculate your risk.
- The biggest obstacle to change is fear. Fear of the unknown.
- If every player on a team plays his best and takes individual responsibility for his own actions, then the team will, more likely than not, be successful.
- Individuals must be responsible for their own performances for a team to be successful.
- I have learned that, in the long run, it’s better to have players of character and responsibility who will be successful in life than to have unmotivated players with skill.
- Pausing for a moment before acting can save you a lifetime of consequences.

- Most plays that fail do so because of a mental error or lack of fundamental execution.
- Correcting mistakes during competition or in the middle of a business meeting is not ideal.
- But skill alone does not equate to talent. Talent is putting skills into productive use.
- Skilled players must be able to play with intelligence, intensity and a sense of immediacy.
- Take the skills that you were given or taught and use them to be productive. That will allow you to become talented.
- To firmly trust people means putting your own successes and health in their hands.
- A team that falls apart was never truly a team – there was never trust.
- Pat Riley points out that the people who create 20% of a team's effectiveness may feel that they are deserving of 80% the credit and rewards.
- So what makes someone or some team dominate??? Actually, it's pretty simple: the competitive spirit, relentlessness, physical play and toughness.
- There can be no letdown in intensity or preparation from week to week. Champions understand this.
- Part of being dominant is believing that you are.
- All three factors –leadership, communication and motivation –play a vital role in your success as a professional and as a person, and in the success of your organization.
- And to be most effective leader, you have to be organized.
- Being a leader is about vision, about organization, about communication, about being focused on an organization's needs.
- The great leaders encourage followers to take an active role and to take ownership in the organization.
- We can “overcoach” commenting on everything or adjusting every single movement on every single play.
- Our instinct is survival, and it rises to the surface when we face adversity.
- As the head coach, my focus should be on player development, team chemistry and recruiting.
- Sometimes winning the battle, means losing the war.
- But beware: Many times, it is not the plan that failed but rather implementation of it.
- Be patient after failure, and be prudent. Evaluate, yes, but drastic measures are rarely called for.
- Make tough decisions by doing what is best for your organization – but always be fair and honest with those involved.
- “Who you are and how you lead touches everyone within the organization” – Ralph Waldo Emerson.
- Take the time every day to do something, if only for a second, that lets those around you know you care.

-Rather than worrying about being a leader, it's more important to take individual responsibility to fulfill your role without depending on someone else to lead you.

-If you're not teaching it that way, you must be allowing it to happen that way.

-A leader must demand excellence of him – or herself, first and foremost.

-The best leaders know they don't have all the answers, but they know where to find them.

-Identifying roles, responsibilities, and expectations is a necessity for leaders who seek success.

-The world's top competitors in sports and business all share that common trait. Something gets them going and keep them there.

-The lessons for leaders is that attitude development, not emotions, is important to motivation.

-Being passionate means being willing to sacrifice for it and making it a priority in your life.

-Discipline is an attempt to change someone's behavior. Punishment is a negative consequence for wrong behavior.

-I firmly believe that leaders and managers need to LEAD the way, and often that means going beyond talk and into action.

-What constitutes the right thing to do comes down to the goals you have established in your organization. Are you striving to build character and responsibility in young people or to win games at all costs???

-The ultimate test of character is the decision you make when no one else is watching.