

**COACHING PHYLOSOPHY**

**10 COMMITMENTS SUCCESS THEORY**



EDZŐI KONFERENCIA ÉS III. SZINTŰ EDZŐKÉPZÉS  
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**10 COMMITMENTS SUCCESS THEORY**

**Why "Commitment"?**



```
graph LR; C((Commitment)) --> CI((Coming from Inside)); CI --> SG((To Somebody To a Group)); CI --> AS((To achieve Something))
```

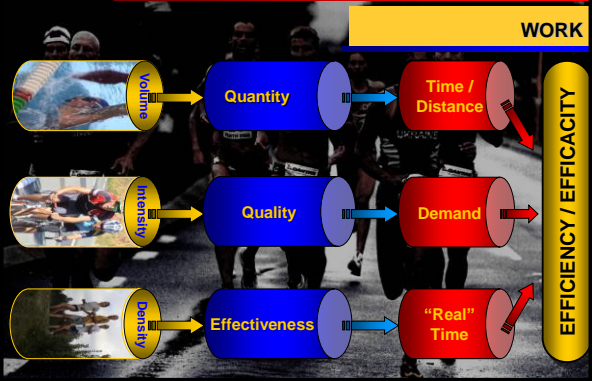
**"10 COMMITMENTS"**



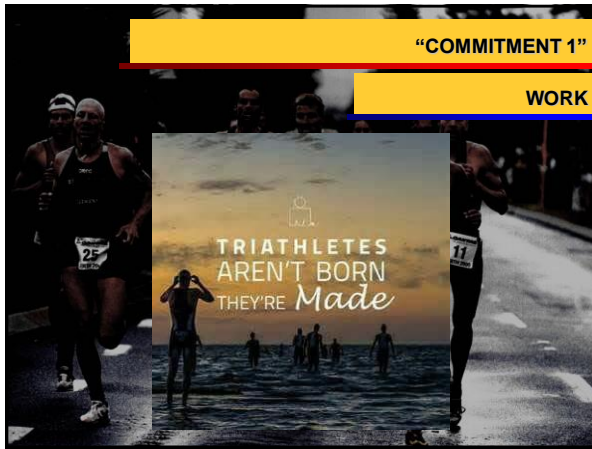
```
graph TD; B((Believe)) --> C((10.COM)); P((Planning)) --> C; T((Team)) --> C; TM((Time Management)) --> C; PR((Perseverance)) --> C; M((Motivation)) --> C; CO((Courage)) --> C; R((Respect)) --> C; MI((Mission)) --> C; W((WORK)) --> C
```

**"COMMITMENT 1"**

**WORK**



```
graph LR; subgraph Row1; V1[Volume] --> Q1[Quantity] --> T1[Time / Distance] --> E1[EFFICIENCY / EFFICACY]; end; subgraph Row2; I1[Intensity] --> Q2[Quality] --> D1[Demand] --> E1; end; subgraph Row3; D1[Density] --> E2[Effectiveness] --> RT1["'Real' Time"] --> E1; end
```



- Find the "right" partners
- Play with strong / weak aspects of the team
- Stronger the group / stronger each one will be
- Nobody does it alone - find "your" team
- The compromise of 1 group motivates all the members
- There are no "Lonely Heroes"

**"COMMITMENT 4"**

**TIME MANAGEMENT**

In High Performance "everything is timing"



The slide features a background image of a triathlon. Overlaid on this are two smaller images. The left image shows a young cyclist in a blue and white jersey with the number 1463, riding a road bike. The right image shows a male triathlete in a red Canadian national team jersey, smiling and holding a blue ribbon medal. The text "In High Performance 'everything is timing'" is written in yellow above the images.

**"COMMITMENT 5"**

**PERSEVERANCE**



The slide features a background image of a triathlon. Overlaid on this is a graphic with a central yellow sunburst containing the text "TODAY'S ACHIEVEMENTS ARE RESULT OF YESTERDAY'S WORK". Surrounding the sunburst are three grey clouds with text: "ENDURANCE SPORTS", "PERFORMANCE", and "PERSEVERANCE". Yellow lightning bolts connect the clouds to the sunburst.

**"COMMITMENT 6"**

**MOTIVATION**



The slide features a background image of a triathlon. Overlaid on this is a graphic with three orange rings arranged in a row. Each ring has a question in black text: "Wake-up early? Body Weight?", "Bad weather? Week-ends?", and "Sore / Pain? Uncomfortable?". Below each ring is a grey arrow pointing down to a corresponding orange ring with a motivational phrase in black text: "Success?", "€€?", "Fame?", "Love Training", "From inside", and "Genuine".

**"COMMITMENT 7"**

**COURAGE**



The slide features a background image of a triathlon. Overlaid on this is a graphic with a large silver stopwatch in the center. The stopwatch face has the text "RESPECT ALL BUT FEAR NO ONE". Surrounding the stopwatch are four circular images showing athletes in action: a swimmer, a cyclist, a triathlete, and a runner.

**"COMMITMENT 8"**

**RESPECT**

**FOR THE OPPONENTS**

**FOR THE RULES**

**FOR YOURSELF**

**TO your Work**

**TO the Team**

**KNOW YOUR WEAKNESSES**

**"COMMITMENT 9"**

**MISSION**

**BEFORE**  
Gives you a  
TIME FRAME

**DURING**  
"SOMETHING  
PERSONAL"

**AFTER**  
MISSION  
ACCOMPLISHED

**"COMMITMENT 10"**

**BELIEVE**

**IF YOU DON'T BELIEVE IN YOURSELF  
NOBODY WILL!**

**"SOMEBODY MAY BEAT ME  
BUT THEY ARE GOING TO  
HAVE TO BLEED TO DO IT"**

**DON'T DREAM  
OF WINNING  
TRAIN FOR IT.**

**TO GIVE ANYTHING  
LESS THAN YOUR  
BEST IS TO SACRIFICE  
THE GIFT.**

**THANK YOU**