My philosophy for developing an athletic program is built around cultivating an ELITE mindset in everything we do. In our program this comes down to five pillars that are the foundation of what we believe and how we behave. These five pillars are Energy, Love, Integrity, Toughness and Effort. We will strive daily to improve ourselves in these foundational standards.

It is our mission as a coaching staff to model and bring a clarity of focus to what these pillars look like in our everyday lives and how we are going to continually improve them.

The first pillar is **Energy**. Energy is essential in developing a positive mental attitude toward daily excellence. A positive mental attitude refers to an optimistic mindset that is focused on achieving goals and overcoming obstacles. It involves a strong belief in one's abilities and a willingness to embrace challenges as opportunities for growth and learning.  It involves being present and engaged in the moment while maintaining a growth mindset. This energy can have a positive impact on team dynamics and promotes an environment of support for their teammates and collaboration towards a common goal.

The second pillar is **Love**. Successful teams are a brotherhood with a unified sense of mission. A family atmosphere with players and coaches that truly care about and trust one other is an uncommon bond that will last a lifetime. We want to build healthy relationships based on honesty, empathy and belief. All players should feel that they are loved and valued. We also want to cultivate a true love of the game and of the process of becoming the best they can be, by being mindful that sports are a balance of fun and high expectations.

The central pillar is **Integrity**. People with integrity choose to do the right things even when it’s hard or uncomfortable. We want to develop student-athletes to be true team players that will put others’ needs above their own and are willing to serve. This character trait will help them be great employees, husbands and fathers when they reach adulthood. Integrity helps build a team that trusts and respects one another and develops true accountability and reliability.

The fourth pillar is **Toughness**. This is a multi-faceted pillar that focuses on mental and physical toughness. Mental toughness refers to an athlete’s ability to persist and overcome in the face of challenges, mistakes and failures. Mentally tough people have awareness that a task will be extremely hard and are willing to attack it anyway. This is often the difference between success and failure in high pressure situations. Physical toughness requires strength and stamina, but is much more than just strength. Physical toughness is a measure of how your body can endure pain caused by fatigue and adverse conditions. This is the link between physical and mental toughness. Mentally tough people have the ability to continue to think positive as they experience more and more physical pain. Those who are mentally weak are prone to not only negative thoughts in the face of physical pain, but also complain and are quick to give up and quit. This is why mentally tough individuals are capable of pushing their bodies beyond the limits of those who are mentally weak.

The final pillar is **Effort.** Everything we do starts with our commitment level. We have to be willing to put in the time and effort needed to reach our goals. We will never lower our goals to match our effort. We will raise our efforts to match our goals. We will stress that it’s not about what we are capable of, it is what we are willing to do. We will develop a mindset of “comfortable being uncomfortable.” There are a lot of people that are capable but there are far fewer that are willing to put in the effort and discipline level to be ELITE.