



# Mental Toughness:

Training athletes to gain confidence in running and life

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**What was your  
goal for this past  
season? Did you  
achieve it? Were  
you successful?  
How do you  
know?**



# What is your definition of success?

Success to me means being proud of what you've done and not being jealous of others, which would only bring you down a rabbit hole. I will know I'm successful when at the end of the season I'm proud of myself and a bonus if I'm

- \*Taking Chances
- \*Becoming the best version of myself
- \*Growing



# Backstory

Coach in Minster, Ohio

23 seasons

Grades 7-12 girls xc,  
high school girls track

Ohio



DIII: Small 65-70  
graduate

1 square mile

<https://www.dailystandard.com/video/2017-08-08/95-179/profile-minster-girls-cross-country>







# Katie Horstman

- \*Nun
- \*Professional Baseball Player
- \*National Coaches Hall of Fame
- \*Discipline
- \*Hard work





Learn from everything and anything







Trust: can they trust  
you? Do you trust  
yourself?



# Consistency

Training   Strength   Nutrition   Sleep   Mind

Long-term consistency  
trumps short-term intensity.

Bruce Lee

audiotape

It's not what  
**we** do once in a while  
that shapes our **lives**  
It's what we do **consistently**  
– Tony Robbins





# Mindset



1. Awareness
2. Feed their mind  
(pacer)
3. Goals
4. Reflection
5. Value from who you  
are, NOT what you do



# Awareness

We are all experts in mental training . . . we practice it every day. Most people just aren't aware of it.

Joshua Medcalf Chop Wood  
Carry Water

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_

Phone#: \_\_\_\_\_ Email: \_\_\_\_\_

1. What is your best time in a 5K race? \_\_\_\_\_ When and where did you achieve this time? \_\_\_\_\_

2. What is your best memory of last year's season? \_\_\_\_\_

3. What are your goals for the 2008 season? \_\_\_\_\_

4. How do you plan on achieving that goal? \_\_\_\_\_

5. Do you think you have put in the time and miles this summer to help you achieve that goal? \_\_\_\_\_

Explain. \_\_\_\_\_

6. What are your strengths as a runner? \_\_\_\_\_

7. What do you feel is a weakness you have as a runner? \_\_\_\_\_

8. How will YOU personally help make sure the 2008 year is successful? (Remember success is not necessarily about always winning.) \_\_\_\_\_

→ 9. How can I personally help you achieve your goals this season? \_\_\_\_\_

→ 10. Is there anything you would like us (team) or me to do this season that we haven't done in the past? \_\_\_\_\_



Awareness Goal:  
Ask them how they  
want to be coached







How can I help you  
achieve your goals?

How do you want to be  
coached?

How can your team help  
you achieve your goals?



# Feed their Mind

At the start of practice

“Today is a great day to run”

“Today will make you stronger”

“This is the weather you will thrive in”

“Be grateful for your workout. Be grateful to be with friends”

“Smile when it’s difficult.”



## Goals for Meets

Date:\_\_\_\_\_ Meet:\_\_\_\_\_ Goal Time:\_\_\_\_\_

1st mile:\_\_\_\_\_ 2nd mile:\_\_\_\_\_ 3rd mile:\_\_\_\_\_ .1:\_\_\_\_\_

Other Goals:\_\_\_\_\_

Mental Goal (What will I tell myself):\_\_\_\_\_

**Results:** Final Time:\_\_\_\_\_ Place overall:\_\_\_\_\_ Place on

team:\_\_\_\_\_ Splits: 1st mile:\_\_\_\_\_ 2nd mile:\_\_\_\_\_ 3rd

mile:\_\_\_\_\_ .1 \_\_\_\_\_

Strengths:\_\_\_\_\_

Weaknesses (what will I do better):\_\_\_\_\_



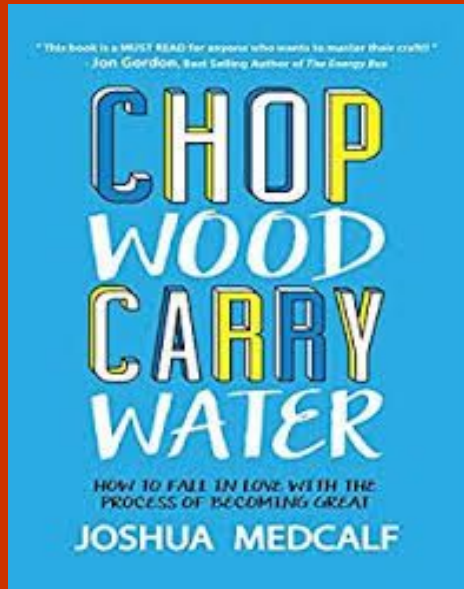
**E+R=O** Event+Response=Outcome



Your Response is most important when the Event is most difficult.



# Design workouts for mental strength



“Isn’t it strange, John, that wind can be both creative and destructive at the same time? It all depends on how you harness it.”

“Words are a lot like that. Just like the wind, they are everywhere. We use them everyday to talk to others, but most importantly, we use them to talk to ourselves.”





# Confidence







Trust yourself.  
Your value does not  
depend on your  
performance.



**Go back to your goals.  
How do you define success**

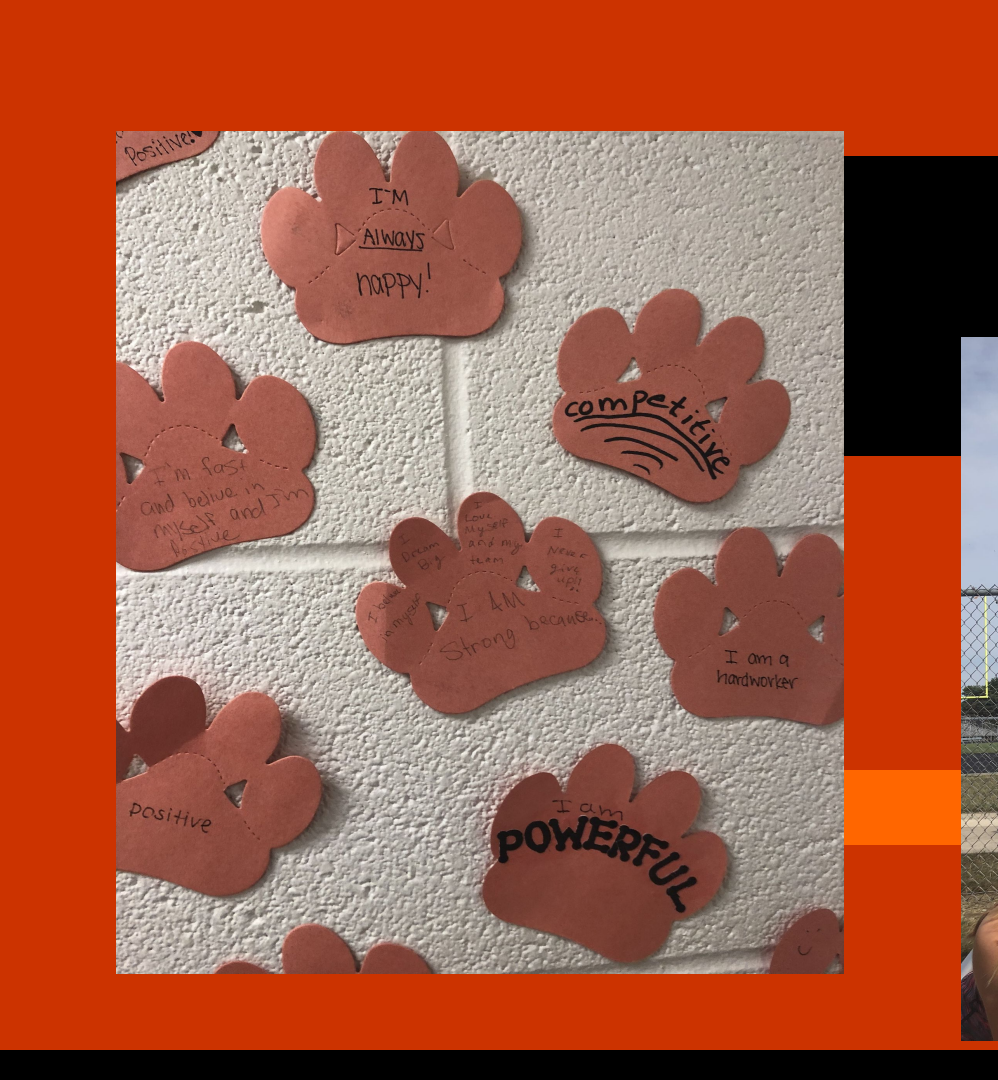




The process of  
becoming the  
best version of  
yourself is slow,  
small, daily









# What works for us:

- \*Thankful Thursday

- \*40% Rule

- \*Write your end of the year banquet speech for your coach



# Books/Authors

*Chop Wood Carry Water*

*Win in the Dark*

*Above the Line*

*The Slight Edge*

*Run the Mile You're In*

*What Drives Winning*

Jon Gordon

Ryan Holiday

John Wooden



**Questions? Now or later.  
Can be answered in 2nd  
session**

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**Pick the 5 top  
performance  
skills and  
moral skills  
that you  
would like to  
be known for.**

**PERFORMANCE**

**HARDWORKING**

**COMPETITIVE**

**POSITIVE**

**FOCUSED**

**ACCOUNTABLE**

**COURAGEOUS**

**RESILIENT**

**CONFIDENT**

**ENTHUSIASTIC**

**DISCIPLINED**

**MOTIVATED**

**CREATIVE**

**CURIOUS**

**MORAL**

**UNSELFISH**

**HONEST**

**RESPECTFUL**

**APPRECIATIVE**

**HUMBLE**

**PATIENT**

**LOYAL**

**TRUSTWORTHY**

**TRUSTWILLING**

**ENCOURAGING**

**SOCIALLY AWARE**

**CARING**

**EMPATHETIC**







