

 **GOLD
MEDAL
EXCELLENCE**

**The Mindset of a
Champion**



KerriPottharst





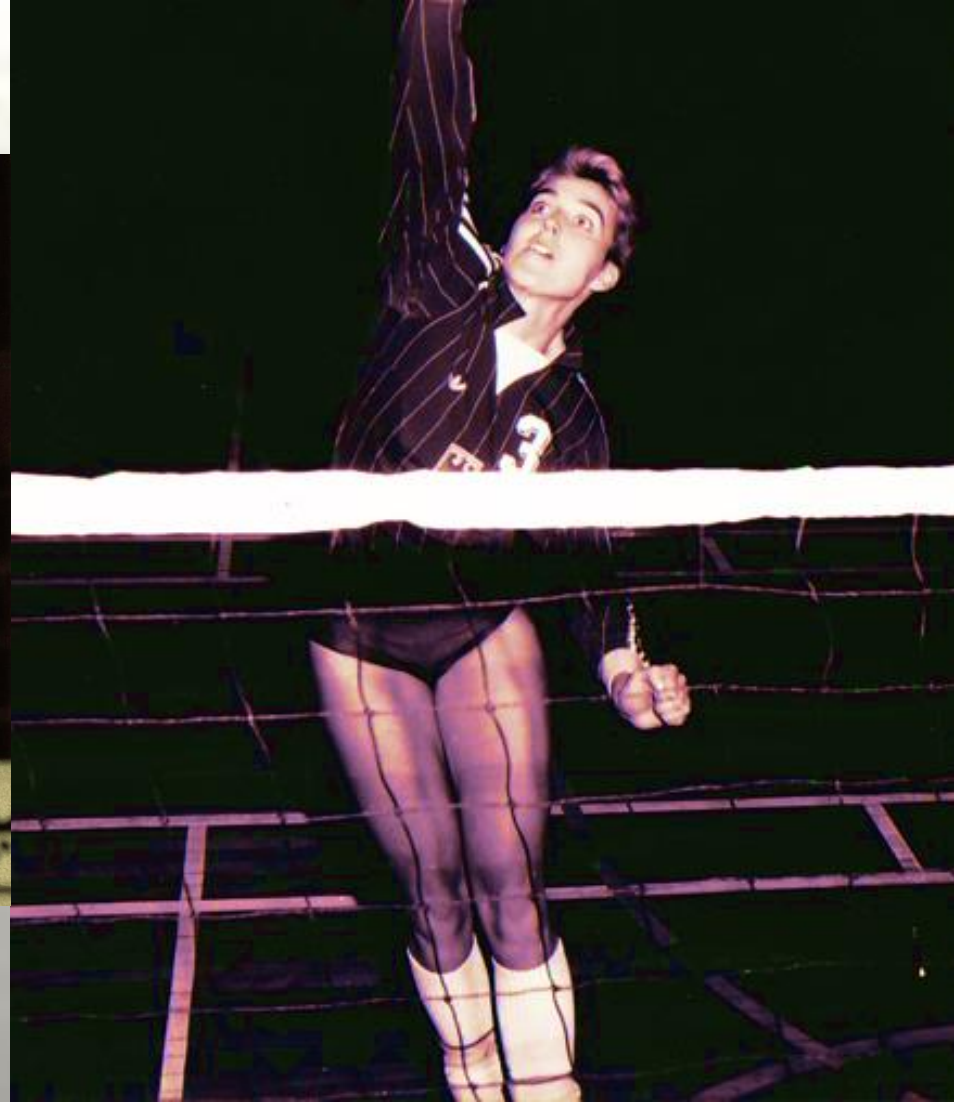
To be
EMPOWERED

To have the knowledge,
confidence, means, or ability to
do things or make decisions for
oneself.





**The Beginning:
Indoor Volleyball**



**10 years with
National Team**



The End.....?

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Running in the Water
January 93

Jumping in Water
February 93

Jogging
March 93

Riding a bike
Feb. 93

Back Court as defense



Another 10 years – this time
on the sand....



Atlanta Olympics



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GOLD MEDAL EXCELLENCE



OUR PURPOSE IS:

- To Have a Better Quality of Life
- Self Discovery
- To Become Improved Individuals Because of Our Shared Experience
- To Be the Best In The World
- To See the World and Make New Friends
- To Heighten Our Profiles
- To Greatly Increase Our Income
- To Create New and Better Opportunities
- To Have Satisfaction of Accomplishing Our Goals
- To Leave Our Mark in History
- To Represent Australia
- To Inspire and Lift Others Hopes and Dreams
- To Do What We Love and Get Paid For It
- To Make Friends Around the World
- To Become Better at Our Craft
- To Attain Our Peak Standard
- To Enjoy the Journey

HOW CAN WE MAKE IT BETTER?

STANDARD OF CHAMPIONS

I AM:

- Strong in Emotion and Spirit
- Powerful and Certain
- Passionate and Committed
- Trusting of the System and Process
- Positive and Supportive
- In the Ready
- Perceptive, Aware and Clear in Focus
- Flexible
- Outcome driven and Follow through
- Respectful of Self and Opponents
- Aggressive and Controlled
- Compassionate and Loving
- Having Fun

CODE OF CONDUCT

WE WILL:

- Respect Others and Their Opinions
- Use Deeds rather than Words
- Do What Ever It Takes
- Be Responsible for Empowering Communication
- Be Compassionate and Understanding towards All Team Members
- Be Committed to *CONSTANT DAILY IMPROVEMENT*
- Always Compete at Our Highest Standard
- Be Flexible
- Be a Professional
- Present a Unified Front by Always Sticking Together
- Have Responsibility for Personal Actions
- Stay Focused on Our Outcome
- Have Fun and Enjoy the Journey
- Have Faith
- Maintain a Good and Healthy Eating Regime
- Always Drive Forward and Never Give Up

OUR WINNING WAY

- Intimidate with Champion's Physiology
- Play As One
- Use Our Strengths To Attack Our Opponents Weaknesses
- Execute Our Game Plan
- Limit Unforced Errors To 5 Per Game
- Push At The Start To Gain Momentum...
- Hold... Push To The End
- Challenge The Passer With Serve Pressure
- Keep The Ball Outside The Gift Circle
- Recognize And Take Opportunities
- Create And Ride Momentum
- Touch Everything
- Control The Net
- Support By Example
- We're Here For Longer Than It Takes
- Leave Our Guts On The Court

Natalie Cook

PG Smith

Kerr

Khase
St. C. Cook

"It All Starts With A Dream"





NOW WE HAVE STARTED TO CREATE AN EMPOWERING MINDSET

01

Where we are
focused and
committed

02

Where we
consistently take
action that moves
us closer to the
things we want.

03

And where there is
no space for doubt
or procrastination

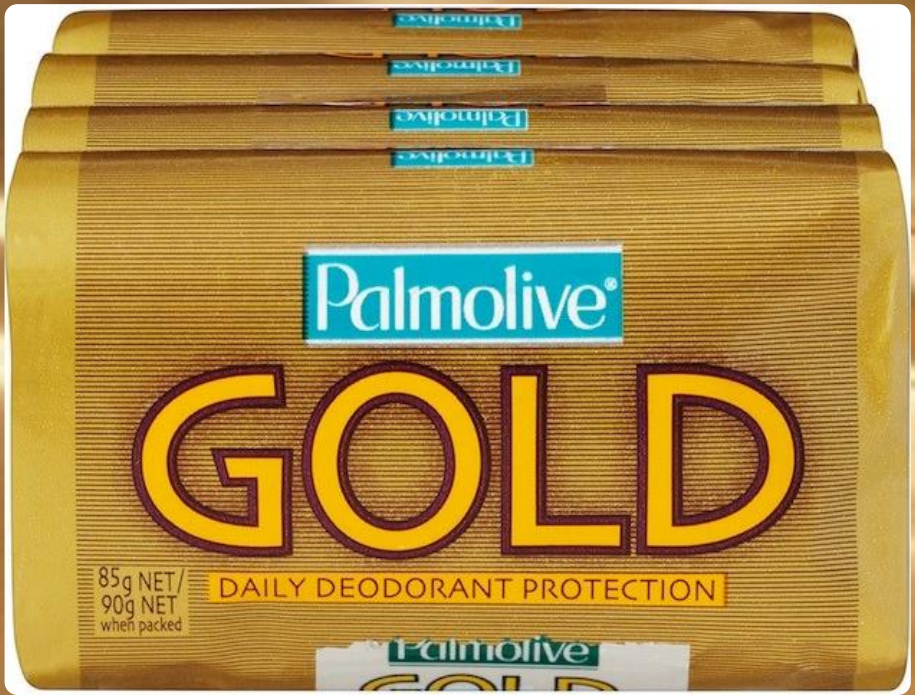


“Our team”

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**We found ways to continually
push ourselves out of our comfort
zones...**



First we will be best,
and then we will be
first...!



Success is a matter
of hanging on after
others have let go.!



It's awesome fun to
be able to do what
others label as
impossible...







Our Olympic Village



**Reality catches up
to our DREAM**

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SAS Australia

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**If you are not
willing to risk,
you'll have to
settle for
ordinary**



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I'm READY.... I'm STRONG.... I've got GRIT and DETERMINATION

I welcome the challenge, I thrive in this environment

My knees are STRONG, my knees are STABLE, my knees are READY to smash this out!!

**I'm HEALTHY.... I'm FIT.... I'm emotionally ready
My age is AN ADVANTAGE.**

I'm experienced and resilient

**I'm a valued TEAM MEMBER. I am loved by all
I welcome the COLD as I breath through it with ease**

I feel the pain, I'm ok with the pain, I'm here by choice, I'm going to be fine

**My boots feel like slippers, my feet are tough
My legs will CARRY ME WITH STRENGTH AND GRACE**

I WILL NOT BE LAST, I will not quit

I'm READY – I AM DOING THIS!!!!

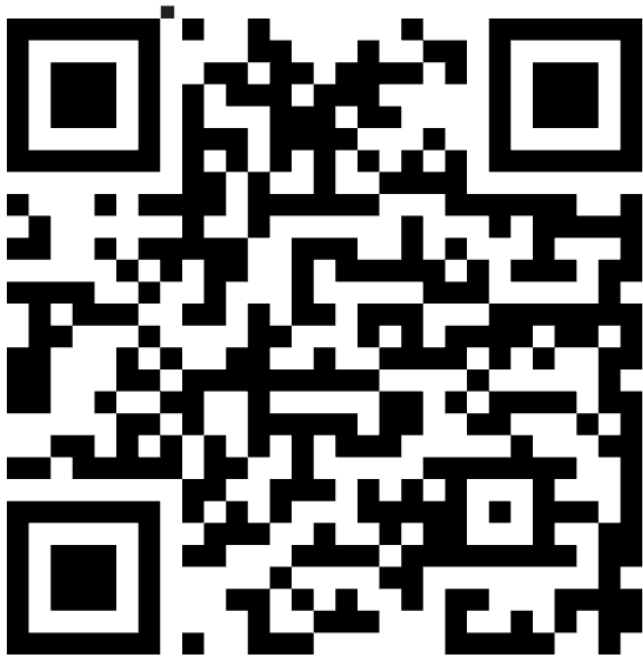
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Give feedback to Kerri

and grab a copy of the Gold Medal Excellence plan

1. Scan this QR



or go to talk.ac/kp

2. Enter this code on the screen



Powered By 

**Your chance
to step out
of your
comfort
zone.....**



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