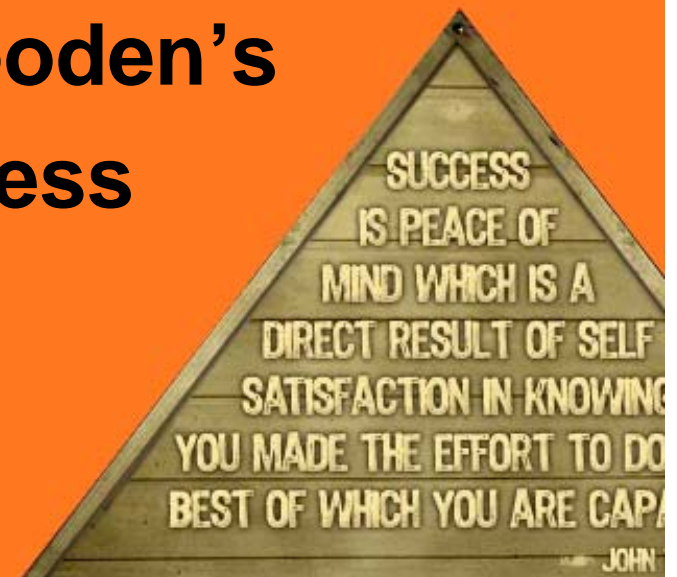




MISS DENA'S PROGRAM OF SUCCESS

**Based on Coach Wooden's
Pyramid of Success**





INTRODUCTION

- Coach Wooden is a legendary basketball coach.
- His UCLA teams won 81% of their games had four perfect 30-0 seasons, 88 consecutive victories, 38 straight NCAA tournament victories, 20 PAC-10 championships, and 10 national championships.
- As a high school English teacher John Wooden grew frustrated with the grading system.
- He felt compelled to help his students better understand success as a result of effort.



SUCCESS
IS PEACE OF
MIND WHICH IS A
DIRECT RESULT OF SELF
SATISFACTION IN KNOWING
YOU MADE THE EFFORT TO DO
BEST OF WHICH YOU ARE CAPABLE

JOHN WOODEN



INTRODUCTION

- He then thought of his father's advice, that he should never try to be better than anyone else, but never stop trying to be the best you can be
- He spent the next 14 years creating a simple but profound diagram called "The Pyramid of Success"
- The pyramid has 15 blocks to help an individual and team achieve success

"Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming"



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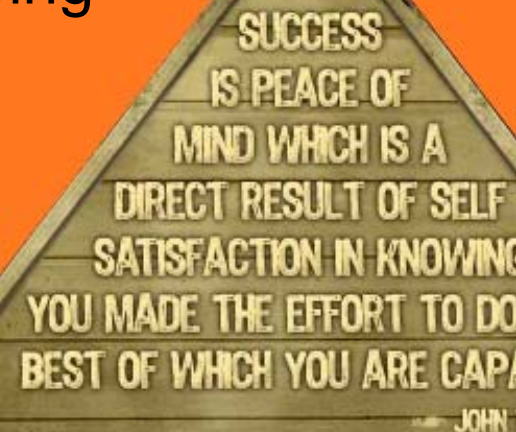
- Once a week, you will learn about one of the blocks.
- You will also learn about a pledge or a promise related to that block.
- The following week if you honor your pledge, you sign your initials on your sheet.
- Then, you receive a bead to place on your bracelet/necklace.
- Upon pledging and committing to all the blocks you'll receive a very special "***Competitive Greatness Trainer***" t-shirt.





INDUSTRIOUSNESS

- Definition of Industriousness;
 - hard work and planning
- Hard work is putting out maximum effort.
- Most people look for shortcuts or an easy way
- *Do you work hard in dance class every day?*
- Planning and being prepared helps us to not waste others time.
- When we arrive to class on time we are helping the team.
- Having each practice carefully orchestrated we get more done in a shorter period of time.
- *Are you prepared for class each week?*



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INDUSTRIOUSNESS

I PLEDGE TO...

prepare and give 100% effort in dance class every week.

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JOHN D. ROCKEFELLER



ENTHUSIASM

- Definition of enthusiasm;
 - Enjoying what you are doing
- Enthusiasm brushes off with those around you
- Regardless of the task, leaders must be enthusiastic and really enjoy what they are doing if they expect those under their supervision to work to their potential
- Enthusiasm stimulates other-not extreme highs but quiet enthusiasm that exudes confidence
- ***Are you enthusiastic about dance?***



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ENTHUSIASM

I PLEDGE TO...

show quiet enthusiasm while with my team, I will never complain or be boastful.



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FRIENDSHIP

- Definition of Friendship;
 - Mutual esteem, respect and devotion
- Doing for others while they are doing for you
- It can not be taken for granted but requires a joint effort
- *How can friendship help a team be successful?*
- We become much more when we come alongside others-and we make them better, too
- Friends help each other; they don't use each other
- ***What can you do to be a better friend?***

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FRIENDSHIP

I PLEDGE TO...

to be a trustworthy friend by supporting all my teammates all the time.

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COOPERATION

- Definition of cooperation;
 - Cooperation is working with others for the benefit of all.
- Working with others makes us much more than we could ever become alone.
- Gentleness is a better method of getting cooperation than harshness is.
- A team can accomplish much more when it works together than individuals can when they work alone.
- *Does trying to be the star help the team?*
- The abilities of the dancers serve the team, as opposed to the dance being used to serve an individual.



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COOPERATION

I PLEDGE TO...

to show cooperation by being interested in finding the best way, not in having my own way.



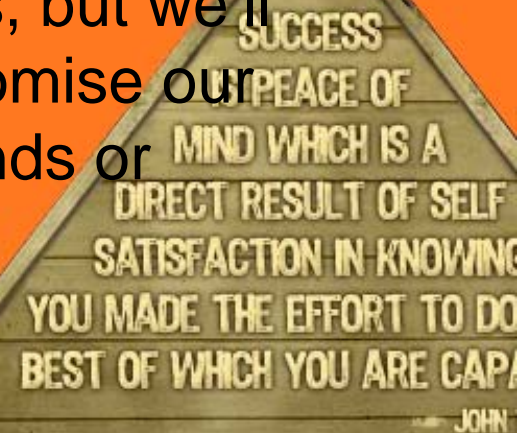
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LOYALTY

- Definition of loyalty;
 - Loyalty is devotion, duty, faithfulness and commitment.
- Loyalty is the force that forges individuals into a team.
- It is the component that moves teams towards greatness.
- *How can you show loyalty to the team?*
- We can become great in the eyes of others, but we'll never become successful when we compromise our character and show disloyalty towards friends or teammates.



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LOYALTY

I PLEDGE TO...

be loyal to my team because I know they depend on me.



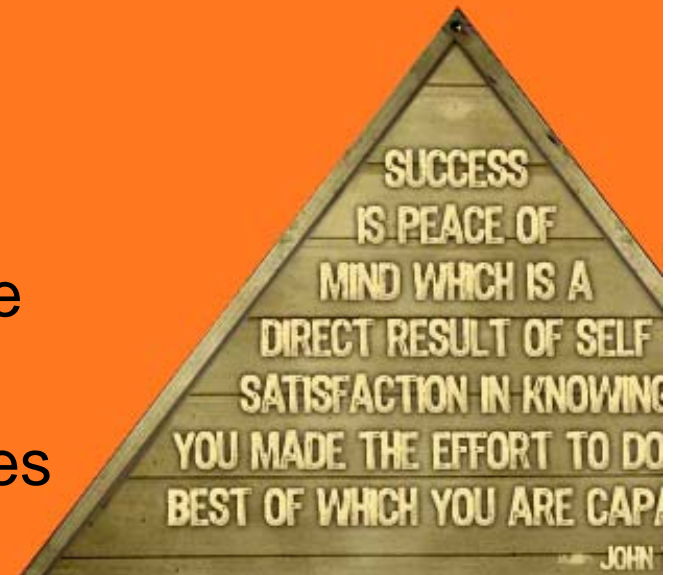
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SELF-CONTROL

- Definition of Self-Control;
 - Self-control is the ability to discipline ourselves and keep our emotions under control.
- To become our best, good judgment and common sense are essential.
- When emotions dominate our actions, we make mistakes.
- *How can you maintain self-control at competitions?*
- We cannot consistently give or receive punishment and be at our best.
- Punitive discipline or antagonizing does not lead to success.





SELF-CONTROL

I PLEDGE TO...

practice self-discipline and keep my emotions under control.

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ALERTNESS

- Definition of alertness;
 - Alertness is observing what is going on around us.
- Each of us has a huge capacity to learn and to achieve.
- Being ever alert makes the task of becoming all we are capable of becoming so much easier.
- *How can being alert make me a better dancer?*
- If we aren't alert we miss opportunities to improve ourselves.
- When you observe and are alert to what is going on around you, we are constantly learning.

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ALERTNESS

I PLEDGE TO...

to be open minded and eager to learn and improve.

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INITIATIVE

- Definition Initiative;
 - Initiative is having the courage to make decisions and take action.
- Don't be afraid of failure, but learn from it.
- People with initiative move forward without fear of failure, even though they might make mistakes or fail.
- *How could you show initiative in dance class?*
- If we don't push against the walls of our capabilities we are not practicing correctly.
- ***How we can learn from mistakes?***



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INITIATIVE

I PLEDGE TO...

show initiative in dance class, and not be afraid of failure.

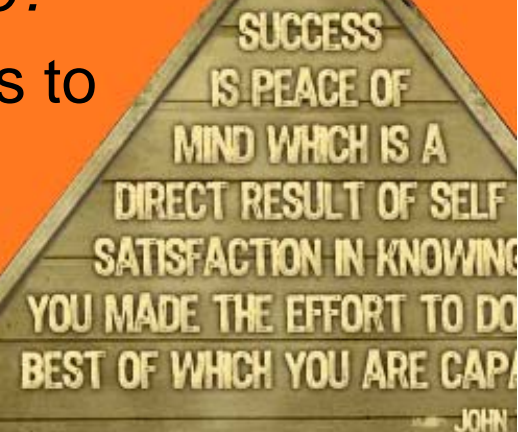


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INTENTNESS

- Definition of intentness;
 - Intentness is the ability to resist temptation and avoid trails of distraction.
- An intent person will stay the course and go the distance.
- By concentrating, being determined, preserving and resisting temptations goals can be achieved.
- *What individual goals do you have in dance?*
- Intentness is the quality that won't permit us to quit, even when our goal is going to take a while to accomplish.
- ***What should our team goals be?***



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INTENTNESS

I PLEDGE TO...

be determined and persistent in achieving my goals as a dancer and be committed to our team goals.



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CONDITION

- Definition of condition;
 - Conditioning requires physical, mental, moral, and spiritual fitness.
- Rest, exercise and diet must be considered.
- Mental conditioning is essential.
- *What does it mean to mentally prepare?*
- Failure to address mental, moral, and spiritual conditioning will limit even the best physical conditioning.
- You can tear down more between practices than we can build up during practices.
- ***What can you do to condition yourself for dance?***





CONDITION

I PLEDGE TO...

work towards not only physical but mental, moral, and spiritual fitness.

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SKILL

- Definition of Skill;
 - Skill is knowing what to do and being able to execute all of the fundamentals important to a particular task.
- A skillful person usually has a sense of timing and the ability to quickly perform the skill.
- Any measure of competency requires a command of the fundamentals of a given endeavor.
- ***How can you improve your skills as a dancer?***
- A skillful person is prepared and covers every little detail.

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SKILL

I PLEDGE TO...

work on fundamentals so I can be a skillful dancer.

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TEAM SPIRIT

- Definition of team spirit;
 - Team spirit is eagerness to lose oneself in the group for the good of the group.
- Team spirit is consideration, respect and dignity for others.
- ***How can we respectfully show team spirit?***
- A great team knows that they can accomplish much more as a team than they can as individuals.
- Team spirit embraces an element of enthusiasm.
- Cooperation makes others better, team spirit makes the group better.



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TEAM SPIRIT

I PLEDGE TO...

eagerly sacrifice personal interests of glory for the welfare of all.



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POISE

- Definition of Poise;
 - Poise occurs when we are not acting, faking or pretending to be something we are not.
- Poise also occurs when we are not trying to live up to others expectations.
- When we are being who we really are, we'll have a greater likelihood of functioning nearer our own level of competency.
- ***How can I just be myself in my dance world?***
- Poise greatly depends upon two nearby blocks: self-control and confidence.

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POISE

I PLEDGE TO...

be quietly in control at all times because I am confident in myself and in my abilities.

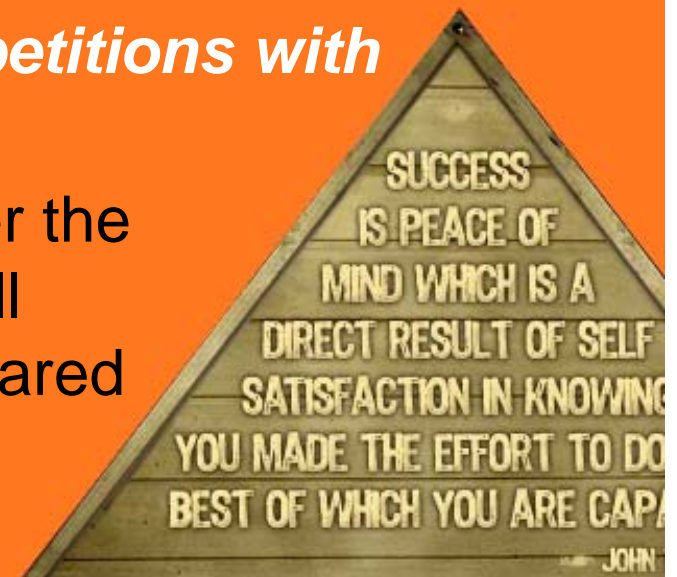


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CONFIDENCE

- Definition of confidence;
 - Confidence is believing in yourself without being self-centered, intimidated or naïve.
- Failing to prepare is preparation for failure.
- A positive approach to teaching is the best way to build confidence.
- ***How can we, as a team, go to competitions with style and confidence?***
- We want our assuredness to take over the stage so that others and the crowd will wonder how we could be so well prepared and so sure of our performance.





CONFIDENCE

I PLEDGE TO...

display confidence by being prepared and keeping all things in proper perspective.

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COMPETITIVE GREATNESS

- Definition of competitive greatness;
 - Competitive greatness is being at you best when your best is needed.
- Individuals with this quality love a challenge-the tougher the better.
- Dancing for the sake of elevating your teammates as opposed to making yourself shine shows competitive greatness.
- **How can you show competitive greatness?**
- It's not about winning. Its about learning to give all we have to give.

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COMPETITIVE GREATNESS

I PLEDGE TO...

learn to rise to every occasion, give my best effort and make those around me better as I do it.

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