



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #459

## **Four Legendary NCAA Coaches Tell All: Insider Secrets from Leaders of Championship Teams**

Unlock the secrets of success from some of the greatest coaches of our time—all in one episode!

My team and I dug deep into the ["Success for the Athletic-Minded Man"](#) archives, unearthing golden nuggets of wisdom of four legendary NCAA coaches to uncover the secrets behind their remarkable achievements.

In this special 2-part episode, you'll hear about Tom Ryan's journey to winning the national championship with Ohio State's wrestling team, Sherri Coale's incredible rise from high school coach to leading Oklahoma to multiple championships, Mike Candrea's dominance with Arizona softball, and Brian Boland's unprecedented success with UVA tennis.

Discover how they transform failure into success, master the art of preparation, adapt to change effectively, and more.

Let's explore these timeless lessons that apply not just to sports, but to every aspect of life and business. Don't miss out on the chance to learn from the best and transform your approach to achieving your goals. Let's get started!

### **Top Quotes From This Episode**

*"If you fail in the next 24 to 48 hours, are you going to say, 'I'm not good enough, not smart enough, not capable enough.' Or are you going to say, 'Okay, there's a learning experience here. How do I get better because of it?'"*

*"Change is the only thing that is consistent. You have to be able to adjust and adapt to change."*

*"What happens at the end does not define you." (Sherri Coale)*

*"No one wins every game and no one's going to feel good every day. You have to be prepared for that. Never make the moment bigger than life." (Mike Candrea)*

*"There's a fine line between fail and failure. You may fail, but you're not a failure." (Tom Ryan)*

## **Show Notes**

**This episode touches on the following key topics and ideas:**

- **Failure as a Learning Opportunity (4:18):**
  - Mike Candrea discusses failure recovery and the importance of having a plan, explaining how athletes can develop mental strategies to bounce back quickly.
  - Brian Boland redefines failure as a lack of preparation rather than a lack of success, stressing the importance of doing everything possible to be ready.
  - Tom Ryan distinguishes between failing and being a failure, advocating for honest self-assessment and using each failure as a stepping stone to improvement.
  
- **Intentional Preparation (9:58):**
  - Sherri Coale explains the power of questioning to enhance learning and self-coaching among players, illustrating how her approach evolved from directive coaching to encouraging players to think critically and self-reflect.
  - Mike Candrea highlights the importance of over-preparation and its role in achieving success, describing how meticulous planning and anticipation of challenges lead to better performance.
  - Tom Ryan stresses the need for honesty, small consistent efforts, and accountability in preparation, advising athletes to set realistic goals and build a supportive network.
  
- **Adaptation and Adjustment in Response to Change (15:20):**
  - Brian Bollin discusses the necessity of adapting to technological advancements and societal changes to stay successful. He describes how staying current with new developments and being willing to adjust strategies can provide a competitive edge.
  - Mike Candrea emphasizes the importance of maintaining strong relationships and consistency when handling changes and

challenges, highlighting how a stable, supportive environment helps athletes navigate uncertainty.

- **Managing Competitiveness and Conflict in Leadership Roles (22:03):**

- Sherri Coale talks about handling high expectations and focusing on controllable aspects to manage competitiveness and conflict. She shares her approach to setting process-oriented goals and maintaining a healthy perspective on competition.
- Mike Candrea underscores the importance of perspective and emotional stability in competitive environments, advising coaches to keep the bigger picture in mind and provide a stable influence for their teams.
- Brian Boland discusses balancing competitiveness with leadership responsibilities and managing team dynamics effectively, highlighting the importance of clear communication and building trust within the team.

### **List of Resources Mentioned in the Episode**

["Chosen Suffering: Becoming Elite In Life And Leadership"](#) by Tom Ryan

["Rooted to Rise: The Redwood Legacies of Life-Anchoring People"](#) by Sherri Coale

### **Want to talk to a personal performance coach?**

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: [JimHarshawJr.com/APPLY](http://JimHarshawJr.com/APPLY)

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### **Other Episodes Referenced**

[#368 Chosen Suffering: How Tom Ryan Found Faith, Success, and Healing Through Pain](#)

[#399 Inside the Mind of a Champion: Hall of Fame Coach Sherri Coale's Winning Strategies On and Off the Court](#)

[#409 Gold Medal Mastermind: Leadership, Teamwork, and High Performance with Hall of Fame Coach Mike Candrea](#)

[#141 How to Breakthrough the Good to Great Barrier with 4X NCAA Championship Coach Brian Boland](#)