

Becoming a True Champion
Principles from Author Kirk Mango

Becoming a True Champion outlines foundations for athletic success by using principles and concepts that:

- Focus on *personal responsibility* and *ownership* for achievement of one's goals
- Prioritize the long term aspects of *intrinsic motivation*
- Stress the *process* of striving toward excellence
- Place a high priority on building strong *character* and *integrity*
- Go deeply into *goal setting* and in the importance of *desire* in this process
- Explain the CDSPH principle and its interconnectedness
- Detail the *core attitudes* needed to proper *mind-sets* for training and competing
- Emphasize the necessity of *fundamentals* in the building of an athlete's skill set
- Encourage the *proper focus* for training and competition
- Feature a preferred method of *training* for *mastery*
- Pull together everything together into what the author calls the COA (Circle of Achievement)