




Mike McFarlane
Stan Madiri

“learning as a sprints coach –
it never ends”



Too Many Day's are Wasted comparing ourselves to others and wishing to be something we are not or may never be;





Learning as a Sprint Coach

IT NEVER ENDS

WHY

- WHAT ARE WE ALWAYS LEARNING
- Open Mind
- Relationship
- We Don't Know it all



BEING THE COACH

Move From Vision to Goal

I Could do this to I will do this

Discipline Drive Honesty

Performance v Goal

Coach and Athlete working as a Team



