

## Week 4 | Topic: **Discipline – The Bridge Between Goals and Greatness**

*Talent sets the ceiling. Discipline determines how high you actually go.*

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### Hey Team,

Here we are — Week 4 of the Summer Leadership Development Series. We've talked about vision, habits, culture... but this week, we tackle the glue that holds all of it together: **Discipline**.

Discipline isn't punishment. It's structure. It's self-control. It's the ability to do what needs to be done — especially when you don't feel like doing it.

And in the world of high school athletics, discipline is the great separator. Not just for student-athletes — but for **us** as leaders.

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### This Week's Topic: **Discipline – The Bridge Between Goals and Greatness**

"Everything Rises and Falls on **Leadership**" - John Maxwell.

#### **Discipline: The Backbone of Leadership**

For athletic administrators, discipline isn't just about enforcing rules—it's about leading with consistency, integrity, and purpose. On an individual level, it means showing up early, following through on promises, making the tough calls, and holding yourself to the same standard you expect from your coaches and athletes. Discipline fuels credibility. Without it, leadership becomes a suggestion instead of a standard.

Personal discipline is also the key to building better habits as a leader. Whether it's carving out time each week to check in with coaches, reading 10 minutes a day to grow professionally, or sticking to a morning routine that sets the tone—those small, consistent decisions stack up. For example, when a parent pressures you to "bend the rules" for their star athlete, discipline is what helps you stand firm and protect the integrity of the program. Or when you're exhausted but still take the time to attend a JV volleyball match because it matters to those kids—that's personal discipline in action. It's not glamorous, but it's what separates a good AD from a transformational one.

Programs rise and fall on **leadership**, not talent. Success comes down to whether people are willing to commit to the small, consistent, and often boring actions that actually produce results. Discipline is the daily decision to trade comfort for growth.

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#### **Quick Breakdown**

-  **Discipline Starts at the Top**  
If we're loose with our calendars, follow-through, or expectations, it trickles down. As ADs, we set the tone by showing up early, staying sharp, and holding the line.

-  **Clarity > Chaos**  
Discipline thrives where expectations are clear and communicated often. Coaches and athletes can't meet a standard they don't understand.
  -  **Systems Beat Motivation**  
Motivation fades — systems don't. Build **routines/habits** that carry yourself and your department even when energy is low.
  -  **Hold the Standard, Not a Grudge**  
When someone falls short, discipline with consistency and care. The goal is growth, not control.
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### Something to Reflect On

-  Where in your department do you see *discipline drift*?
  -  Do your systems support or sabotage consistent behavior?
  -  What's one area of *personal* discipline you want to tighten up this fall?
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### Resources to Explore

-  **Book Highlight:** *Discipline Equals Freedom* by Jocko Willink  
Straight from a former Navy SEAL — raw, no-excuse wisdom about how discipline unlocks your best self. [Discipline Equals Freedom Book](#)
-  **Podcast Episode:** *The Ed Mylett Show – “Mastering Self-Discipline”*  
High-energy, practical advice for building habits that stick. [Ed Mylett Show - Mastering Self Discipline](#)
-  **Podcast Episode:** The Mike Goldman Show - "How to Become a More Disciplined Leader" [Mike Goldman Show](#)
-  **Article:** “*Uncommon Discipline*” – *Farnam Street Blog*  
Great insights on why the best leaders don't chase intensity — they build consistency. [Uncommon Discipline](#)

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## Coming Up Next Week...



*The Power of Communication: Leading with Clarity, Confidence, and Connection*

We'll talk about how communication isn't just about what you say — it's how you say it, how often, and how clearly your team understands.

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"We don't rise to the level of our goals — we fall to the level of our systems." - James Clear

Discipline is where those systems start.