

THE ANATOMY OF A
CHAMPIONSHIP



BEN ROSARIO

IDENTIFY THE GOAL



WORK BACKWARDS

IT'S A PUZZLE

FIGURE OUT THE PIECES

IDENTIFY STRENGTHS

AND WEAKNESSES

CHALLENGE THE ATHLETE

RESPECT RECOVERY

**LET COMMON SENSE BE
YOUR GUIDE**

RACE STRATEGY

**COACHING ON RACE DAY:
CALM & CONFIDENT**

THANKS!!



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