

10 Qualities of a Successful Strength Coach

1. *Have a vision; then a plan for everything.*
2. *Be a student of people. It's a people business.*
3. *Be Consistent, Honest, and Punctual when dealing with everyone, and every situation.*
4. *Sell your philosophy to your sport coaches and athletes.*
5. *Your Loyalty and Integrity are paramount.*
6. *There is always a way; you just have to find it.*
7. *The athletes must know you sincerely care about them.*
8. *Be yourself. Coach within your personality.*
9. *Continually educate yourself. Nobody knows it all.*
10. *You must Respect and Love our profession.*

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