



# The Every Day Olympian

One of my favorite quotes...“Success happens when preparation meets opportunity”...relates to being an Every Day Olympian in two ways. If you recall, the consistent identifiable factors of all Every Day Olympians is Motivation–Preparation–Execution.

The first way it relates is through preparation. Preparation is the series of actions that set in motion the inevitable...Success. A trigger phrase I use is “When you think you’ve done enough, do more”. I use this trigger phrase because we had a saying on the USA Wrestling Team that was similar. “You have to win by 5 to win by 1”. That’s because scoring in international wrestling has some grey areas. Because some decisions are at the discretion of the officials, you now leave a door open for political, social, and religious influences. In order to ensure success, you have to go beyond the bare minimum to remove the unforeseen variables...like a bad call from an official.

When I was wrestling the 4 time world champ from Russia at the Olympics, I had scored a quick take down and followed it up with a 2 point turn. From that point on it was a very tough battle which resulted in neither of us scoring any points for most of the match. In Greco Roman wrestling, you are not allowed to touch, grab or trip with the legs which means you are penalized if you do. Toward the end of the match, the official first called me for passivity resulting in me being placed on bottom to give the Russian a chance to score a turn. This was the first discretionary call that went in the favor of the world champ. He didn’t score so we started back on our feet. Shortly after, I was called again for passivity and was placed down again allowing the World Champ a chance to turn me. This was the second discretionary call in favor of the Russian. Again I stayed strong and didn’t allow him



to score. The official then followed up with a “phantom” call claiming I used my leg to defend which gave the Russian 2 points. Those two points resulted in a temporary mental lapse where I allowed him to score another 1 point turn. Now we were tied and went into overtime. This is an example of needing to do more than what is needed. Because of my preparation, I was in better condition than my opponent. I threw him in overtime for the victory and advancement toward my Olympic medal. I had already done enough to win before overtime, but I had to overcome the unforeseen variables.

The second way “**Success happens when preparation meets opportunity**” relates to being an **Every Day Olympian** is the concept of opportunity. You can’t execute without the opportunity to execute. As an athlete, you almost always know when the opportunity is...because it is scheduled on the calendar as the date of competition. Unfortunately, in the real world the timing of an opportunity is far more unpredictable. The **Every Day Olympian** understands this. They understand that opportunity rarely comes as planned. It can come either early or late so the **Every Day Olympian** is always ready to perform and can never get discouraged if it doesn’t come as quickly as hoped.

So, if a promotion opportunity comes up tomorrow...are you ready? What if a deadline gets moved up or you lose a valuable employee. Are you prepared? The **Every Day Olympians** are!