



EPISODE #03

RICK HENKEWICH

“Nothing is impossible to the willing mind.”

- Rick Henkewich, WHSFL Ambassador

Henkewich’s coaching resume includes high school, junior, University and even pro ranks as a guest coach. “It was literally putting you in a library,” he noted of his time on the Winnipeg Blue Bombers and Edmonton Football Team’s staffs. Rick has experienced a lot over the years, and continues to learn. The wisdom that comes from experienced coaches is something all athletes can use.

“We played for the Spartan on the front not the name on the back.”

As Rick moves through his career, he can reflect on some of the most successful teams and athletes he has been involved with. He understands and teaches the value of hard work in order to succeed, and the impact of a strong team that plays for their community, their school, their team.

Understanding your role on a team

One person’s behavior can easily have an influence on others – positively or negatively. Approaching every practice with the desire to work, and to contribute to the team is a great way to set your focus and to have a positive impact on the rest of the team. Are you playing “for the Spartan on the front”?

Positive action you can take RIGHT NOW

Lead by example. Do the work. Do the work consistently. Quality improvements take time. Listen to your coaches. Ask for feedback, and pay attention to advice from those with experience.

Pay it forward. Think of all the opportunities and skills sport has given you. How can you share these gifts with others?



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How to get the most from your athletes

“I demand a lot of things from the players. It’s nothing that wasn’t demanded of me when I played. I just tell them you’ve got to work hard. Hard work will result in success.”

Rick talks to his athletes about what it means to be in the league, and what it means to represent their school, and the fact that you’re held to a higher standard as a football player. Rick’s success isn’t just about pushing the athletes hard. Setting out expectations, and deciding on common goals and team direction has a huge impact. Creating a bond with your team, and having real conversations about goals and effort results in athletes feeling more involved, as a writer in the story they are in. If the athletes are willing to do the work, then nothing is impossible.

Positive action you can take RIGHT NOW

Lead by example. Begin a conversation. Be consistent. Athletes will know what to expect of you. Listen to your peers. Ask for feedback, and pay attention to advice from those with experience.

Pay it forward. Think of all the opportunities and skills sport has given you, and share that wisdom with the athletes.

Be open to different ways to create a “willing mind” in your athletes.

