

David Ragland – Valpo Men’s Basketball – Assistant Coach

- Trust is huge in this business
- Work every job like it’s the best job of your life
 - Love every piece of it
- Know what each Head Coach needs from YOU individually
- You can 100% control if your players graduate
 - One of the only things you can really control
- This is a “people” business
 - You deal with people ALL THE time
 - Recruiting, players, media, etc.
 - Everyone cares about how you treat them
 - Some may care about the weather, playing time, etc.,
 - Everyone will ALWAYS care about being treated right
- Being loyal is being a good Assistant Coach
 - Make your Head Coach’s job easier
 - Assistants *assist* the Head Coach
 - Support staff *supports* the staff
- Your staff needs to be a “family” if you expect your program to be
- You need good players, but you need good people too
- Use your connections, even if it’s a person to get to a person
 - Hold on to those connections
- The “right move” is bigger than what’s on the surface
 - It doesn’t matter what the perception of others is if it’s right for you
- Be in the moment... it’s your moment
- We are all products of our experiences
- Life and coaching isn’t perfect
 - Timing is vital; you are where you are because it’s where you are supposed to be right now
 - It’s preparing you for your next opportunity eventually
- Love the jobs everyone hates to do
- Trust God, follow God
- Are you really working as hard as you can?
- Have balance
 - You can’t cheat your family
 - You are a father, husband, coach, etc.
 - It’s a hard balance at times but it’s not impossible at all
- If you preach “family” in the locker room, you better do it at home too
 - Our loved ones are the easiest people to neglect because we always know they’re going to be there. That’s not fair.

