

back in SLC, the GYM JONES level 2 seminar.

interesting points were brought up, technical skill, programming, but mostly the sense of involvement. of investment. the amount of time and care that the trainers put into their athletes. of all the differences between this place and countless other gyms, boxes or warehouses, this one seems to be the crux. quality over quantity. coaching in the true sense. management. physical. psychological. few people actually train between those walls because the emotional content of their training. the true cost, if you will. coaches losing sleep over their athletes responses to the stresses of training, of competition, of their job and kids and boss. this is impractical for the traditional gym business model. this level of commitment continues to surprise me, continues to inspire me. to work harder. to work smarter. to plan better. i have a little more time here, to scratch and to dig. to find, if not answers, than guideposts. to see how it is done, and to make it my own.

to pay attention.