

PLATT·FORM

Performance AND *Athletics*

Philosophy of Written Material

When writing material for the Way 2 Win Compass we utilized what we like to call the 1-3-1 format. That is, 1 Topic, 3 Key Lessons (typically), and 1 example of the Topic in Action. If it was impossible to write up a “topic in action” we replaced it with a section called What’s Next? / Action Steps. Here we explain to your student-athlete what they can do with the information they’ve just obtained and the steps they can take to put the material into action. Content for one full topic is typically not more than 2-3 pages. Our goal for all Platt-Form material is for it to be **“Compact, but impactful.”**

Topic: When deciding on a topic to write about we like to gather information through research, personal experience, or by asking parents, coaches, and student-athletes what they want to learn more about or what they think needs to be taught. We do this because our goal is to avoid “non-specific maxims” that are too general and don’t relate. We want to provide useful, relevant and specific information to our age groups.

When writing the material for a topic’s overview we will typically use information from personal experience, so that we can build trust and credibility with our student-athletes by being vulnerable and showing that we’ve been where they are. We are also big readers of nonfiction, so a good majority of our material is summarized from books we’ve read as well.

Key Lessons: We believe in keeping things simple and that is why we chose to focus on only 3 key lessons from each topic. We want the Compass to be considered a go-to guide/resource for our student-athletes, so they can quickly go to a topic, read the 3 lessons and be good to go. If they want to delve in a little deeper they can read the topic overview and the topic in action, which are both designed to be somewhat short as well.

Topic in Action: A topic in action is basically a true story or a made up scenario of how the topic and it’s lessons would look in real life, so that someone may better understand certain concepts or ideas. If it is impossible to write up a topic in action we will often replace it with a section called What’s Next? / Action Steps. Here we explain to student-athletes what they can do with the information they’ve just obtained and the steps they can take to put the material into action.