

On Staff Being "Reliable"

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What a great word, reliable. Being able to count on you, giving you a job, and knowing it will be done a certain way. The director is at the gym 30 minutes early, knowing that all of the teachers will show up for the 1st class of the night. How comforting. Sports programs run better when people are reliable. Sports programs are a mess when people don't know who to count on. Customers get very upset when some staff members, at their gym, aren't reliable.

Are you reliable? Are you one of the top staff members at your sports program regarding reliability? When you are given a task, does someone have to sacrifice their time to look over your shoulder to ensure that you do what is needed to be done? Can you see how inefficient that is? When you send one of your athletes over to beam to do five routines, and you know that they are unreliable about doing what you tell them to do, how do you feel? On the flip side, you tell a reliable athlete to do something, and you can go on with your work because you KNOW that they will do what you want them to do. Being reliable, so adult.

To be able to "count on" someone is essential. Think about one friend you have who is "reliable," and now think of one friend who isn't "reliable." Think of one staff member you work with who is reliable, and then think of one who is unreliable. Being reliable is mature. Being reliable is being valuable. Being reliable is making others relax and be comfortable. Sports programs with all reliable staff members have a better chance of success.

This is a personal issue. You make this "choice" about who you are and how you want others to perceive you. Do you want to be the kind of person others can count on? That may mean you go to work when you aren't feeling that great. That may mean you learn to manage your time better, so you are always on time and dressed appropriately. That may mean that you think about what is essential to your sports program more than what is essential to yourself. Yes, reliable people sometimes sacrifice for their job.

Being reliable is one of the most important traits a person can have. Being reliable is for winners. Being reliable is for those people who want to stand out in a positive way. And it is fun to have someone look you in the eye, pat you on the back, and say, "I can count on you." Your choice.

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