

# How to make Champions

From the Ground Up : Raising champions for life through sports

**Gabe Jaramillo and Gyasi hall**

Gabe Jaramillo is a Columbian American tennis coach. He has worked with and developed 11 world No 1 s and 27 top 10 players. He has worked with Andre Agassi, Jim Courier, Mary Pierce, Maria Sharapova and Monica Seles.

This book has been written for parents and coaches to navigate these parts of an elite athlete's career.

You cannot achieve greatness with platitudes  
or gimmick or gut instinct.

Talent and potential are different in sports. Potential is the upper limit of their ability while talent is the amount of success they find doing something based on their ability.

When you look at your child in sport , look for strength, power, balance, co-ordination and more.

If your child has to become a true athlete,  
then early specialization is mandatory.

Only 12 pc of those who did not specialize early were successful while 60 % of those who specialized early were successful.



Individualized sports like tennis, golf and swimming are more specialized than team sports.

One of the central roles of a parent is that of a protector.

A vision of any achievement is based on imagination, continuity, duplication, order and prioritizing.

Early in life, a balance of wins and losses is healthy. Someone who loses too much gets disheartened and someone who wins a lot gets arrogant.

I could sense that Jim Courier would be special from the day I met him since he had a desire to improve.

The two vital aspects of your quest are : what you have now and what you still need.

In sport ,high volume means amount of time dedicated to all aspects of training.  
Most elite athletes train for at least 18 hours a week.

As a player gets older, their knowledge of the game improves with them and it is up to the coach to funnel this information to them and their gameplay.



Most high performance athletes today use online schools. The flexibility here is important.

Quality is at the heart of all pursuits in elite sports.

Quality is about consistency, hence routines play an important role.

Genuine motivation comes from within the athlete and hence discipline must be ever present.

Concentration is a component of discipline but is also very much its own thing.

Focus is doing what needs to be done at that time right and concentration is for the entire match or event.

Another aspect of honesty is self responsibility.  
Beyond all the training and coaching the  
weight of achievement rests on the player

When you see someone like Roger Federer in action, everything seems effortless and like poetry. The fact is that you don't see the level of hard work that goes to play each stroke.

People are always looking for short cuts. You cannot be great at anything if you haven't put in the work to get there.

Pete Sampras would place a tennis ball in the wide court and would serve 30 mts after dinner trying to hit that one single ball.



Monica Seles would have three people serving at her and she would return all three serves to practice returning.

In sport, specificity is about organizing narrow goals to improve on aspects of the game.

Elite athletes can have different approaches to specificity. Sampras focused on getting a great first serve so that he didn't need a second serve while Agassi focused on getting a great second serve so that he could never be hit back on his second serve. Both specificities worked.

Competition is the foundational context of all sports. At the heart of competition is the essential struggle to balance attack and defence, or knowing when to take the risk or when to fall back.

Those who do not take risks don't get  
anywhere.

Knowledge is power only when it is expanded and acted upon.

The difference between wisdom and knowledge is the application or non application of information.

I have outlined 7 Cs , as differences between male and female athletes.

Competition- on the whole girls are more averse to competition, the drive to beat people is more in boys.

I recommend that girls play against boys whenever they can so that they develop their game differently.



Choking – when they begin to make mistakes, boys tend to tense up while girls want to leave the situation as quickly as possible.

Confidence – Girls tend to be less confident than the boys. Boys are socialized to project self confidence.

Criticism – girls tend to take negative feedback to heart. Boys are less enthused about positive feedback and more willing to take direct critique.

Closeness – female athletes need to know that their coach cares, boys tend not to care.

Conditioning – boys tend to be visual learners while girls tend to be auditory learners.

Calculating – girls tend to overanalyze their gameplay while boys are more reckless.

When a boy or girl comes to our academy, the first question we ask them is “ what is your dream?”

invariably they say to be the world No 1 in Tennis.

Have you asked your child what their dream is?

Being fearless is one of the major principles of a strong mental game.



Positive thinking is a mindset that encourages self reflection, growth and change.

Parents must be realistic with their child.

Parents must be realistic with themselves

For a coach, the success of his/her athletes is about you and your commitment to the job and also not about yourself.

A coach's job is not to tell his students how to do it, but more to set out the process.