



CARRIDE CONVERSATIONS

1% BETTER EVERYDAY

Have you ever heard of the “**aggregation of marginal gains**?” This principle was made popular by Dave Brailsford, the head coach of Team Sky, a professional cycling team from Great Britain. Historically, the team had average performance, until they started searching for a tiny margin of improvement in everything they did.

How did this work, you ask? Brailsford stated, “the whole principle came from the idea that if you break down everything you could think of that goes into riding a bike, and then improve it by 1 percent, you will get a significant increase when you put them all together.”

The team and coaches began to make tiny changes in both conventional and unconventional ways that related to cycling. They tested seat cushions to find the best comfort, they tested fabrics to see which was the most wind resistant, and they even brought in a surgeon to teach the cyclists how to correctly wash their hands to minimize illness.

The results spoke for themselves. During a 10 year span, the British cyclists won 178 World Championships, 66 Olympic or Paralympic gold medals and captured 5 Tour de France victories. Making percent adjustments every day took a **good team to great**.

THE PROCESS

- Massive success does not require massive action. But we tend to think so when the demand is perceived as too high.
- Achievement of big goals requires small, daily, repeated action aimed at the goal.
- Improving by 1% every day may not be noticeable, but when we stack those improvements, overtime they become a great impact.
- The system is greater than the goal.

“Success is a few simple disciplines, practiced every day, while failure is simply a few errors in judgement, repeated every day.”

- Jim Rohn

TOOLS AND TIPS

...for the car ride home

- **Break down bigger goals** into smaller weekly, then daily action steps that can be easily measured.
- **Create a tracking system** to help your athlete stay consistent. *I.e. creating a sleep schedule, homework schedule, athletic schedule. Improvement in sport is influenced by improvement OUTSIDE of sport.*
- **Celebrate the little successes**, and set up milestones for when they start to see the greater impact.
- **Adjust when needed**. Model the mindset that it’s okay to make a mistake, have a failure, as long as you adapt and keep moving forward. You can bounce back, as long as you continue to make effective decisions towards your goals.

Save the date:

4 March
Spring Sports Begin

12 August
Fall 2024 Sports Begin