The Only Easy Day Was Yesterday

CATA 2020
UDT/SEAL TRAINING

“THE ONLY EASY DAY WAS YESTERDAY”

CLASS 89
Easy Day
OK BOOMER
Sunrise-Sunset
Many Experiences

• Military
• High School
• College Assistant
• College Head
• Clinic Owner
• Olympics, US National Teams
• NFL Consultant
TAKEAWAYS

• What did I learn from these experiences ?????
Sunset or Sunrise
US Naval Academy
Sunrise or sunset
Sunset or Sunrise
PU Assistant ATC
Sunrise or Sunset
Rutgers-The State University of NJ
Head ATC
Rutgers vs Princeton First Football Game
Sunset or Sunrise
San Diego State University
SDSU Head ATC
Sunrise or Sunset
US Soccer, Rowing and Olympics
NFL ATC SPOTTER
Basic UnDerwater\Seal -BUDS Training
ATC NSWC

Functional Rehab
BUDS TRAINING
Hellweek
Secured
GRADUATION
SEALS
Sacrifice
Memorials
Make Your Bed – Admiral McRaven
Start day with TASK completed

MAKE YOUR BED.
You can’t go it alone
Only the size of your HEART matters
Life is NOT fair
Failure can make you STRONGER
You must dare GRATELY
Stand up to bullies
Rise to the occasion
Give people hope
Never ever QUIT
Wrap UP

- Constant learning
- Adapt to success and failure
- Every position is important
- Work hard-ALWAYS
- Have mentors and cohorts
- Always CARE
Happy Birthday