



Alpha Athletes: Discovering the 7 Success Secrets of Elite Athletes From the Perspective of an Athlete, Coach, and Mom

Christina C Head

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With almost three decades of competitive and recreation sports experience, Christina Head is no stranger to the failures and successes of being an athlete. After watching her daughter struggle with balancing some of the elements of competitive sport, she decided to embark on a journey to discover some of the secrets of successful athletes. Why was it that some athletes seemed to go further or farther in their designated sport than others? Was it talent alone? What factor did heart or drive play in their success? There were so many more questions and she wanted the answers. As she watched, researched, or had the chance to interview many different athletes, she began to notice similarities of the really successful ones. It didn't matter what sport they were in or what their backgrounds were, the result was still the same. There is a difference between a good athlete and a great athlete. There is an even bigger difference between a great athlete and a truly successful athlete. What Christina discovered in her journey was seven major success secrets that defined what she referred to as an Alpha Athlete. Through these seven successes any athlete can begin to tap into their true potential and perhaps even go beyond what they ever dreamed or desired!

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