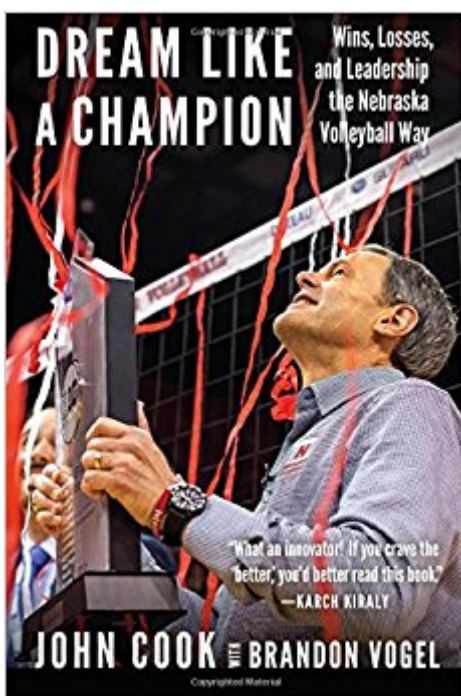


The book was found

# Dream Like A Champion: Wins, Losses, And Leadership The Nebraska Volleyball Way



## Synopsis

Since becoming the Nebraska women's volleyball coach in 2000, John Cook has led the team to three national championships, seven NCAA semifinal appearances, and the nation's top winning percentage in women's volleyball. In *Dream Like a Champion* Cook shares the coaching and leadership philosophy that has enabled him to become one of the game's winningest coaches. Growing up in San Diego, Cook acquired his coaching philosophy from his experiences first as a football coach, then as a student of the sport of volleyball on the beaches of Southern California. After a stint as an assistant volleyball coach at Nebraska, he returned to Nebraska as head coach in 2000 and won the national championship in his first season. Even with a bar set so high, Cook saw at Nebraska's tradition-rich program the potential for even greater growth and success. He decided to focus on higher expectations, training, motivation, goal setting, and other ways to build the strongest teams possible. In *Dream Like a Champion* Cook shares the philosophy behind Nebraska's culture of success and reveals how he's had to learn, evolve, and be coached himself, even in his fifth decade as a coach. With openness and candor he delivers insights about his methods and passes along lessons that can be used by leaders in any field. Cook also shares behind-the-scenes anecdotes about Nebraska volleyball moments and players and how he coaches and teaches his players about life beyond the court.

## Book Information

Hardcover: 208 pages

Publisher: University of Nebraska Press (September 1, 2017)

Language: English

ISBN-10: 1496201779

ISBN-13: 978-1496201775

Product Dimensions: 6.4 x 0.9 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #42,264 in Books (See Top 100 in Books) #3 in Books > Biographies & Memoirs > Regional U.S. > Midwest #5 in Books > Sports & Outdoors > Other Team Sports > Volleyball #73 in Books > Biographies & Memoirs > Professionals & Academics > Culinary

## Customer Reviews

“Great coaches and teachers relentlessly strive for learning and improvement” in

their people, in their teams, and in themselves. ” John Cook’s story is permeated with that pursuit: what an innovator! If you crave the better, you’d better read this book.

•Karch Kiraly, head coach, U.S. women’s National Volleyball Team (Karch Kiraly 2017-02-24) “John Cook has accomplished nearly everything a volleyball coach can achieve. He has done this not by focusing just on recruiting great players or the physical skills of his players. In *Dream Like a Champion* John reveals his relentless quest for better team chemistry, improving communication skills, proper goal setting, and attention to detail which together result in peak performance.

•Tom Osborne, former Husker head football coach, University of Nebraska athletic director, and U.S. congressman (Tom Osborne 2017-02-24) “Courage is the word that comes to mind when I think of Coach John Cook. Over the years I’ve seen John continually show courage, but never more than when he acknowledged his need to reinvent himself and manage stress. His willingness to share that about himself and to be open to others is one of the most courageous things I’ve seen done by a coach, or by anyone, really, in all my years as a sports psychiatrist.

•Larry Widman, co-founder of Performance Mountain (Larry Widman 2017-02-24) “The thing that strikes me the most about John Cook is the amount of thought and energy he gives to every possible detail in coaching. John’s reflection about his own coaching and the Nebraska program frequently leads to action, which is how both an individual and a program stay ahead of the game. This is a very good book for anyone who has an interest in coaching and leadership.

•Terry Pettit, head coach, University of Nebraska women’s volleyball team, 1977-99 (Terry Pettit 2017-02-24) “John Cook had an unconventional path into coaching. He has incredible insight into building champions on and off the court. His growth mind-set and ability to constantly develop new leadership skills make him a special breed of coach.

•Jack Riggins, co-founder of Performance Mountain, retired U.S. Navy SEAL, and assistant football coach at Midland University (Jack Riggins 2017-02-24)

John Cook has led the Nebraska women’s volleyball team to three NCAA Women’s Volleyball Championships and ranks as the sixth all-time winningest coach in NCAA history. He is a two-time winner of the American Volleyball Coaches Association National Coach of the Year award and was inducted into the American Volleyball Coaches Association Hall of Fame in 2017. Brandon Vogel is the managing editor of *Hail Varsity* magazine and has covered University of Nebraska athletics since 2011. His sportswriting has been featured by FoxSports.com, the Guardian, and CBSsports.com.

[Download to continue reading...](#)

Dream Like a Champion: Wins, Losses, and Leadership the Nebraska Volleyball Way Dreams: Discover the Meaning of Your Dreams and How to Dream What You Want - Dream Interpretation, Lucid Dreaming, and Dream Psychology (+BONUS) (Dream Analysis, Dream Meanings, Lucid Dream) Volleyball: A Beginner's Guide To Volleyball: Get Started Playing And Winning At Volleyball! (Sports For You Series Book 7) Nora Roberts Dream Trilogy CD Collection: Daring to Dream, Holding the Dream, Finding the Dream (Dream Series) Wins, Losses, and Lessons CD: An Autobiography The Season Never Ends - Wins, Losses, and the Wisdom of the Court Wins, Losses, and Lessons: An Autobiography If These Walls Could Talk: Nebraska Cornhuskers: Stories From the Nebraska Cornhuskers Sideline, Locker Room, and Press Box Nebraska Atlas and Gazetteer (Nebraska Atlas & Gazetteer) Iowa/Nebraska Travel Smart (Travel-Smart Iowa/Nebraska) Dream Journal: Dream Interpretations, Dream Meanings & Dream Analysis You Can Do Each Day to Finally Understand Your Subconscious The Big Volleyball Coloring Book: An Amazing Volleyball Coloring Book For Teens and Adults (Color Me Happy) Playing Volleyball: An Arm Chair Guide Full of 100 Tips to Getting Better at Volleyball The Volleyball Psychology Workbook: How to Use Advanced Sports Psychology to Succeed on the Volleyball Court Volleyball Basics: How to Play Volleyball The Ultimate Guide To Weight Training For Volleyball (Ultimate Guide to Weight Training: Volleyball) The College Volleyball Scholarship: What we did can get Your Daughter a Volleyball Scholarship Why Leadership Sucks: Fundamentals of Level 5 Leadership and Servant Leadership How To Be a Champion: BMX Champion Dream Journal Workbook: A Beginner's Guided Dream Diary for Lucid Dreaming and Dream Interpretation

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)