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Far Hills Country Day School
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Far Hills Coaches Engage in Professional Development with Author Sam Walker

FAR HILLS, NJ—Five members of the Far Hills Country Day School (FH) athletic coaching staff recently attended a professional development program presented by Sam Walker, former global sports editor of *The Wall Street Journal*. Walker discussed his new book, *The Captain Class: The Hidden Force that Creates the World's Greatest Teams*, which takes readers along on his quest to uncover the secret ingredient to the greatest sports teams of all time.

To do this, Walker devised a formula that he painstakingly applied to thousands of sports teams. He ended up with a list of the sixteen most dominant teams in sports history. He then discovered that each of these teams included one player with seven core characteristics. These players, at first glance, seem unlikely leaders but were, in fact, unsung heroes who played a critical role in their team's success. Among those 7 characters were grit, resiliency and agency.

These performance traits are instilled in FH students from PreK–Grade 8 as part of the school's emphasis on Social Emotional Learning. Walker's findings underscored the importance of fostering these traits in student athletes and will help Far Hills' coaches to continue to recognize these understated leadership characteristics. This type of encouragement will assist in the development of FH student athletes.

Far Hills Athletic Director Ron Sansone said, "These types of students are solid, hard-working, competitive players—not the loudest, not the most popular—who keep the team focused and strong. They do so in every aspect of their lives, not just on the playing field."

The following FH coaches participated in the event: Athletic Director Ron Sansone (soccer, basketball, lacrosse), Kathy Iuliano (tennis, cross-fit), Tracey Golding (field hockey), Scott Freeman (cross-fit, ice hockey) and Jill Tuazon (cross country, track and field). The event was sponsored by the National Association of Independent Schools (NAIS) and was held at Pingry School in August.

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For more information about Far Hills, visit fhcds.org or contact Stacy Ducharme, Acting Director of Strategic Marketing & Communications at sducharme@fhcds.org or (908) 766-0622 ext. 1427.

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Far Hills inspires academic excellence and life skills such as resourcefulness, resilience, integrity, self-control, and a myriad of other invaluable traits that lay the foundation for lifelong success. We call that RIGOR.

Our students don't just learn answers. They develop the courage to challenge those answers. They learn not only problem solving, but also gain the confidence to stand by their solutions. They don't simply learn to play a musical composition, they develop the self-esteem to stand up and perform. This is the balance that defines Far Hills—and sets our students apart.

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