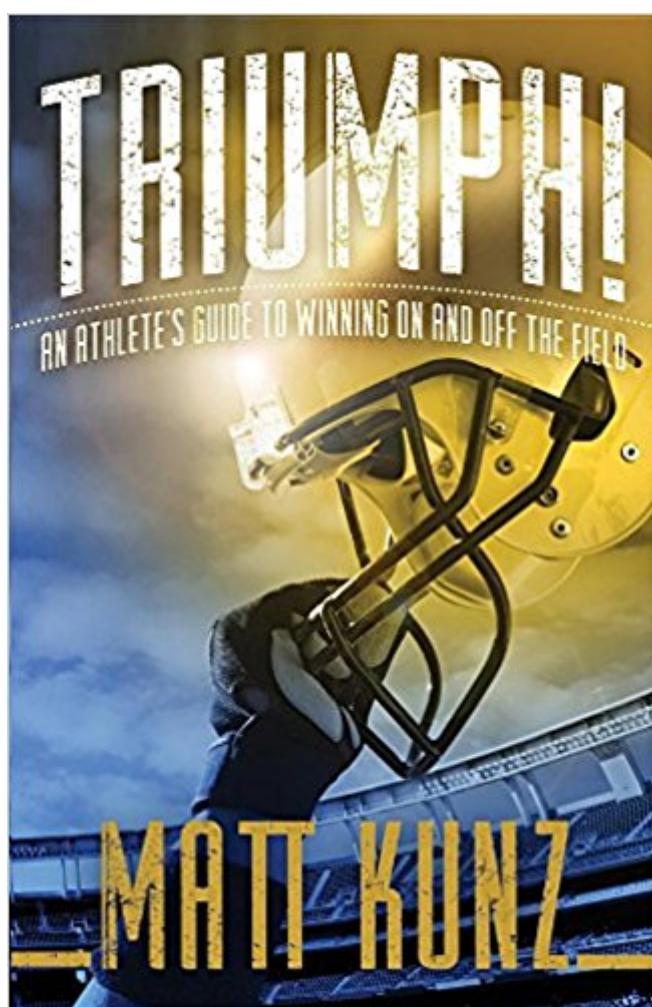


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# Triumph!: An Athlete's Guide To Winning On And Off The Field



## **Synopsis**

Written for the athlete, *Triumph!* is a guide that helps you understand how to approach your sport philosophically and practically. Kunz explains how to focus your energy and play with confidence through ART (Alignment, Rules, and Technique), understand the politics of sports, and manage relationships that surround you as an athlete. Apply the lessons learned in *Triumph!*, gain a competitive edge, and become a winner on and off the field. With forewords from legendary National Championship Football Coaches Lou Holtz and Ara Parseghian. "Coaches, you're going to want to give a copy of *Triumph!* to every one of your players. It'll not only help them compete at a higher level, but it will also make you a better coach!" --Coach Ted Marchibroda, NFL Head Coach, Baltimore Colts 1975-1979, Indianapolis Colts 1992-1995, Baltimore Ravens 1996-1998 "An incredible book! The lessons in *Triumph!* transcend sports and are relevant to everyday life. You'll definitely want to read it more than once. I know I did!" --Ron Wallace, former VP of UPS International "The lessons contained in this book may start out having to do with sports, but they apply to all aspects of life. The stories in *Triumph!* are entertaining, but the lessons are priceless. This is a book about winning, written by a man who is a true winner in every sense of the word." --Tom Annexstad, former Valdosta State QB, businessman, Vice President/Director of Development of The Annexstad Family Foundation "If you want to not only be a great player but also inspire others to be their best, then this is a book you have to own." --David Phillips, former college football player and youth football coach

## **Book Information**

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## **Customer Reviews**

"Coaches, you're going to want to give a copy of *Triumph!* to every one of your players. It'll not only

help them compete at a higher level, but it will also make you a better coach!" -Coach Ted Marchibroda, NFL Head Coach, Baltimore Colts 1975-1979, Indianapolis Colts 1992-1995, Baltimore Ravens 1996-1998 "An incredible book! The lessons in Triumph! transcend sports and are relevant to everyday life. You'll definitely want to read it more than once. I know I did!" -Ron Wallace, former President of UPS International "The lessons contained in this book may start out having to do with sports, but they apply to all aspects of life. The stories in Triumph! are entertaining, but the lessons are priceless. This is a book about winning, written by a man who is a true winner in every sense of the word." -Tom Annexstad, former Valdosta State QB, businessman, Vice President/Director of Development of The Annexstad Family Foundation "If you want to not only be a great player but also inspire others to be their best, then this is a book you have to own." -David Phillips, former college football player and youth football coach "So many guys in the NFL don't realize the great opportunity that they have until it's gone. The reality is that the NFL stands for Not For Long and they need to maximize every opportunity to give them a game plan for the rest of their life. Triumph! teaches all athletes exactly what it means to be grounded. It should serve as a blueprint for anyone who wants to play at the highest level on and off the field." -Renaldo Wynn, Notre Dame Team Captain, NFL 1st Round Draft Pick as Defensive End, Jacksonville Jaguars (NFL All Rookie Team), Washington Redskins (Team Captain), New Orleans Saints, New York Giants. Currently a motivational speaker and working at Joe Gibbs Racing in business development under mentor Hall of Fame Coach Joe Gibbs as well as an ESPN and ACC college football analyst. "An excellent book! It will definitely change lives, and it may just change sports as we know it!" -Mike McCoy, Notre Dame Football All-American, NFL 1st Round Draft Pick, Green Bay Packers, Oakland Raiders, New York Giants, Detroit Lions, President of Mike McCoy Ministries "Having coached at the collegiate level, I can tell you that the principles inside Triumph! are priceless. Not only will this book give players a process to compete at the highest levels, but more importantly it will help prepare them for all of life's future challenges." -Coach John Shingler, former Notre Dame football player and football coach at Middle Tennessee State, Georgia Southern, University of Georgia, and Urbana College "Good teams all do the same things to prepare, yet the intangibles are what determine whether they become great. Triumph! addresses all those intangibles and will truly prepare you to be a champion both on and off the field!" -Coach Tim McFarlin, 34-year Georgia High School football coach at Roswell HS and Blessed Trinity HS, 2006 State Champion "The lessons I learned from Coach Matt on the football field I carry to this day with me in my everyday life. For example, if the ball doesn't bounce your way, that's when you find out what you're made of. Not everything in life will be in your favor, but how you handle yourself in the face of adversity is all that

matters. As you read through *Triumph!*, soak it all in. It will make you a champion in more ways than one." -Ali Rezvan, University of Georgia student, economics major, former President of Alpharetta HS Future Business Leaders of America "A must-read toolkit for any young athlete. With the game being 90% mental, *Triumph!* gives you 100% to win." -Aaron Hall, former inside linebacker, Purdue University

Business man, City Councilman, volunteer, coach, and former football player, Matt Kunz understands what it takes to win on and off the field. He was a letter winner as a walk-on football player and played linebacker and special teams for the Fighting Irish of Notre Dame, where he holds a Bachelor of Arts degree in American Studies. Through sports, Matt, the son of former Atlanta Falcon and Baltimore Colt George Kunz and Gainesville native Mary Sue, learned valuable lessons about leadership, politics, and coaching. For several years, he was an active football coach. He worked with players aged six to twenty-six, ranging in experience from youth, high school, college, and semi-professional. He also offered private football lessons to athletes in the area through a part-time business he founded in 2006. Matt, his wife RaDonna, and their family dogs, live in Milton, Georgia. A frequent speaker, Matt motivates and encourages individuals to be the best they can be on and off the field. Follow Matt on Twitter at @MattKunz59.

Excellent read!! I wish I'd had this book available to me when my sons were involved in sports. It would have certainly helped our direction and prepared us for what to expect from the organizational and political aspect of athletics. Matt provides the framework of the Alignment, Rules and Technique approach that will prove most valuable to any athlete desiring to develop not only their physical skills, but also develop a real focus on keeping their head in the game. However what impressed me the most, was the practicality of the guidance given to young adults approaching the game of life. I enjoyed the experiences shared by Matt, and I would highly recommend this book to anyone involved in any aspect of sports!Dave Durham

I'm not normally one to look back and ask "What if", but this is the book I wish I had early on in my sports career. I'm sure my coaches from back then would say the same thing. I see how it could be a tremendous tool in bridging the gap between high school / college athletes and their coaches. I can only wonder what I might have gained with a more mature, enlightened perspective on how to approach my sport and interact with my coaches at that time. Matt writes in a way that appeals to all age brackets, and there is a great message for athletes in any sport. The stories Matt shares are

very entertaining, and I really enjoyed the vivid descriptions of football tackling and blocking technique. This book is LOADED with wisdom, and I love the Christian perspective. It's a quick read and would make a great gift.

Kunz writes a riveting, useful and applicable book about life lessons on and off the field of sports through ART (Alignment, Rules and Technique). Whether you're a parent of a child playing football, a coach mentoring a team or a non-sports reader, this is a book that you can read at different passages of life and learn something new. Kunz's spirituality and faith in God weaves in and out of the book as you learn from his experience that almost every misstep can turn into a learning experience through the technique of "ART" !!! TRIUMPH is a great gift for any sports fan in your life - what an awesome book for coaches to give to their teams, parents to give to their children or a wife to give to her husband who loves football.

Triumph is a must read if you have young athletes! I have three boys that will be entering High School and Middle School over the next few years. This book has helped me understand how to train them mentally for their endeavors, as well as understand the politics of school athletics. The reality is that you have to have a strategy for your young athlete to have the best chance to be successful in his/her sport. This is increasingly important today, as sports may be the only way for some kids to get into college. College costs are simply getting out of reach for most people today. If your strategy is a sports scholarship, BUY THIS BOOK! Excellent read.

I'm genuinely impressed by Matt Kunz's mix of storytelling and guidance. Each vignette makes a point and his guide to winning delivers on its promise. It's not just a collection of stories, nor is it a compilation of abstract goals. Instead, Triumph! An Athlete's Guide to Winning On and Off the Field contains just enough history and context to provide credibility to its suggestions. So many athletes and sportscasters view raw talent and genetics as the largest factor in a player's desirability. This book establishes that any person, from any starting point, can achieve greatness by focusing his or her mind on just three keys to success.

I am the parent of a high school athlete and really did not know what to expect when I ordered this book. This was a wonderful read. Very enjoyable, quick, yet full of good thoughts and advice. I am going to buy more copies for each of my son's high school coaches and some of our friends as year end gifts.

I purchased this book a long time ago and put it aside because I was never a great athlete. What a mistake that was. When I finally picked it up I could not put it down. I wish I had read it long before before retiring from corporate America. It is amazing how valid the lessons about leadership on the field of play apply to the business world and even to one's personal goals. An excellent book for a wide audience.

This book has been an easy, informative and enjoyable read. It is full of material which you can apply to and implement in your life.

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