



## **YOUTH SPEAKER BIO**

Mike Tully, Total Game Plan, Director

Mike Tully has studied peak performance for more than four decades, first as an international sports writer, then as a high school and NCAA coach, and nowise a speaker, writer and pilgrim. Along the way he acquired a fascination for practice, and how to get the very most out of those precious hours. Books he's written or co-written include: "The Improvement Factor: How Winners Turn Practice into Success," "Ten Things Great Coaches Know," "Think Better, Win More!," and "Thank God You're Lazy!: The Instant Cure for What's Holding You Back." A graduate of Holy Cross College, Mike lives in Clifton, N.J. with his wife Patty.