

# RAISE THE FLOOR NOT JUST THE CEILING

WHY THE STRONGEST ATHLETIC  
PROGRAMS FOCUS ON STANDARDS  
INSTEAD OF STARS



## FEATURED PODCAST

Coach Jack Byrne empowers coaches to build simple, sustainable strength programs that develop stronger athletes.

TULLY

# "Strength isn't the reason we're losing."

Instead of endlessly chasing bigger numbers, great coaches build athletes who are prepared, engaged, and consistently improving.



## MOST COACHES ARE SOLVING THE WRONG PROBLEM.

Too many strength programs revolve around leaderboards, max lifts, and top performers. The result? The best athletes stay engaged, while everyone else slowly disconnects.

Elite programs aren't built by making the best athlete 2% better. They're built by helping every athlete improve. That shift—from chasing exceptional performance to establishing consistent standards—is one of the biggest ideas from Coach Jack Byrne's work.

## FIVE IDEAS WORTH STEALING

### Standards beat leaderboards

Stop: "Who's the strongest?" Start: "What's needed to compete safely and confidently?"

### Raise the floor before the ceiling

The fastest way to improve a program is by elevating every athlete's baseline.

### Make progress impossible to miss

Visible, measurable improvement fuels motivation and long-term buy-in.

### Keep the system simple

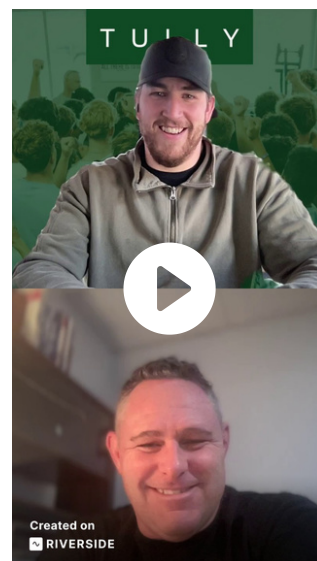
Simple training principles are easier to coach, easier to repeat, and more likely to stick.

### Coaches change athletes—technology supports

The best systems amplify great coaching rather than replace it.

## ASK YOURSELF

- Do our athletes have a clear standard to chase?
- Would every athlete know what success looks like today?
- Are we celebrating improvement—or only elite performance?
- Does our program motivate the bottom half of the roster?
- If we had half the equipment, would our philosophy still work?



## GO DEEPER

Coach Jack Byrne shares lessons from building one of New England's most respected high school strength programs, why standards outperform leaderboards, and how any school—regardless of budget—can create a culture of continuous improvement.

[Tully Legends Podcast – Coach Jack Byrne](#)

**Coach Byrne has developed 160+ athletes to varsity standards in the last 5 years.**