

# CONSISTENCY BUILDS CHAMPIONS

WHY GREAT COACHES CREATE  
SYSTEMS ATHLETES TRUST



## FEATURED PODCAST

Jason McKendrick is the Head Strength & Conditioning Coach at Olentangy Orange High School, where his athlete-first training system has helped support Ohio's premier athletic department across more than 20 sports

TULLY

# "Trust the process only works if athletes can see the results"

Visible progress gives athletes a reason to keep believing in the work.



## MOST PROGRAMS CHANGE TOO OFTEN

A new workout. A new training philosophy. A new testing protocol. A new "game-changing" exercise.

The strongest athletic programs rarely succeed because they're constantly changing. They succeed because athletes know exactly what to expect every time they walk into the weight room. Consistency builds trust. Trust builds effort. Effort builds results. Coach Jason McKendrick has spent more than a decade building a system that athletes believe in—not because it's flashy, but because it consistently delivers.

## FIVE IDEAS WORTH STEALING

### Build a system athletes can trust

Consistency creates confidence long before it creates championships.

### Measure progress every week

Frequent feedback keeps athletes engaged between testing days.

### Coach every rep with intent

Technology measures performance, but coaching gives every number meaning.

### Develop every sport

The strongest athletic departments raise every team—not just football.

### Keep refining, not reinventing

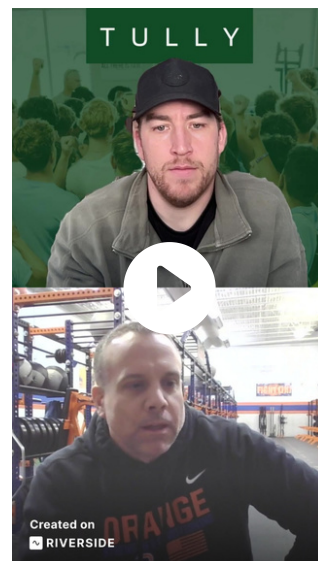
Great programs evolve without abandoning their foundation.

## ASK YOURSELF

- Would our athletes describe our program as consistent?
- Do athletes receive meaningful feedback every week?
- Are we measuring progress—or simply hoping it's happening?
- Could every coach explain the purpose behind today's workout?
- Are we building one successful team—or one successful athletic department?

## GO DEEPER

Jason McKendrick explains how consistency, objective feedback, and an athlete-first philosophy helped transform Olentangy Orange into one of Ohio's most successful high school athletic programs—and why every athlete deserves the same standard of development.



[Tully Legends Podcast - Jason McKendrick](#)

**21,000+ performance data points and nearly 10,000 workouts logged by almost 700 athletes in a single year.**