

MENTORING MINUTE (aka Mentoring 101)

By: NAVAIR's Mentoring-Externally Directed Team

Football season is underway and in all the discussions about players, strategies, and coaches, many of you are probably wondering if coaching and mentoring are the same activities. Coaching and mentoring are different in focus, but share the same objective: success.

Coaches are teachers, trainers and instructors whose goal is to improve an individual's ability in a specific activity. They focus on the rules, strategies and concepts to assist in building the player's skills to win games. All football players have had coaches; unfortunately, not all have had mentors.

A mentor usually has personal knowledge of the subject and may provide input on rules, strategies and concepts; however, their focus is much larger. A mentor looks at the individual as a whole and helps them see beyond their limitations. A mentor provides advice, counsel and encouragement, often opens opportunities to help the individual expand their talents.

A strong mentoring relationship is built on collaboration and shared ommitment to professional development. While in the typical mentoring relationship, one participant has more professional experience, skill, and knowledge than the other, many strong mentoring relationships provide an opportunity for both parties to learn from each other. Mentoring can be an important element of a successful career – no matter what the playing field.

Take a minute to discover some successful football mentorships and consider the professional benefits of mentoring. To learn more about NAVAIR's Mentoring Program, visit the NAVAIR Mentoring COI at <https://mentoring.navair.navy.mil> or contact Donna Belcher (NAVAIR's Mentoring Program Manager) at 301.342.5096. If you have a personal mentoring success story to share, please call or email one of our Mentoring Team Members: Veronica Miskowski at 301.757.8391 or Lonnie Snead at 301.757.8252. We'd love to hear from you.

- Byron Wizzer White (Supreme Court Justice and NFL player) mentor to Nick Lowery (NFL player)
- Buddy Ryan (Chicago Bear Coach) mentors Mike Singletary (NFL All-Star)
- Paul Hackett (NFL coach) mentor to Chad Pennington (NFL quarterback)
- Jimmy Johnson (NFL coach) mentor to Dave Wannstedt (NFL coach)
- Chuck Noll (NFL coach) mentor to Rick Wannstedt (NFL executive)
- Bill Parcells (NFL coach) mentor to Maurice Carthon (NFL coach)
- Tony Dungy (NFL coach) and Dick Vermeil (NFL coach) mentors to Herman Edwards (NFL coach)
- John Randle (NFL player) mentor to Chris Hovan (NFL player)
- Jumbo Elliott (NFL player) mentor to Jason Fabini and Ryan Young (NFL players)

- Emmitt Smith (NFL career rushing leader) mentor to La Dainian Tomlinson (NFL Pro Bowl running back)
- Charlie Weis (NFL coach) mentor to Tom Brady (NFL quarterback)
- Sam Gash (NFL player) mentor to Alan Ricard (NFL player)
- Earl Holmes (NFL player) mentor to Joey Porter (NFL player)
- Howard Feggins (college coach) mentor to Sam Simmons (NFL player)
- Lou Holtz (Notre Dame football coach) mentored by his uncle, Lou Tychonievich
- Paul Bear Bryant (football coach, Alabama) mentor to Jim Kelly (NFL quarterback)
- Bill Walsh (NFL football coach) mentor to Joe Montana (retired NFL quarterback, SF 49ers), Kenny Anderson (NFL quarterback, Cincinnati Bengals), Jerry Rice (NFL All-Pro receiver), Terry Donahue (NCAA and NFL coach) and Terrell Owens (NFL player)
- Dan Reeves (NFL coach) mentor to Tommy Maddox (NFL quarterback)
- Michael Westbrook (NFL wide receiver) mentor to Rod Gardner (NFL wide receiver)
- Vinny Testaverde (NFL quarterback) mentor to Ray Lucas (NFL quarterback)
- Donovan McNabb (NFL quarterback) mentor to Michael Vick (NFL quarterback)
- Drew Bledsoe (NFL quarterback) mentor to Tom Brady (NFL quarterback)
- John Elway (NFL quarterback) mentor to Tony Maddox (NFL quarterback)
- Doug Flutie (NFL quarterback) mentor to Drew Brees (NFL quarterback)
- Steve Spurrier (NFL quarterback) mentor to Patrick Ramsey (NFL quarterback)
- Chuck Noll (NFL coach) mentor to Marvin Lewis (NFL coach)