

AAA presentation

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Objectives

To examine the challenges faced by developing athletes combining sport and academic work and offer possible solutions

To highlight the importance of taking responsibility and control

To introduce the concept of a performance lifestyle

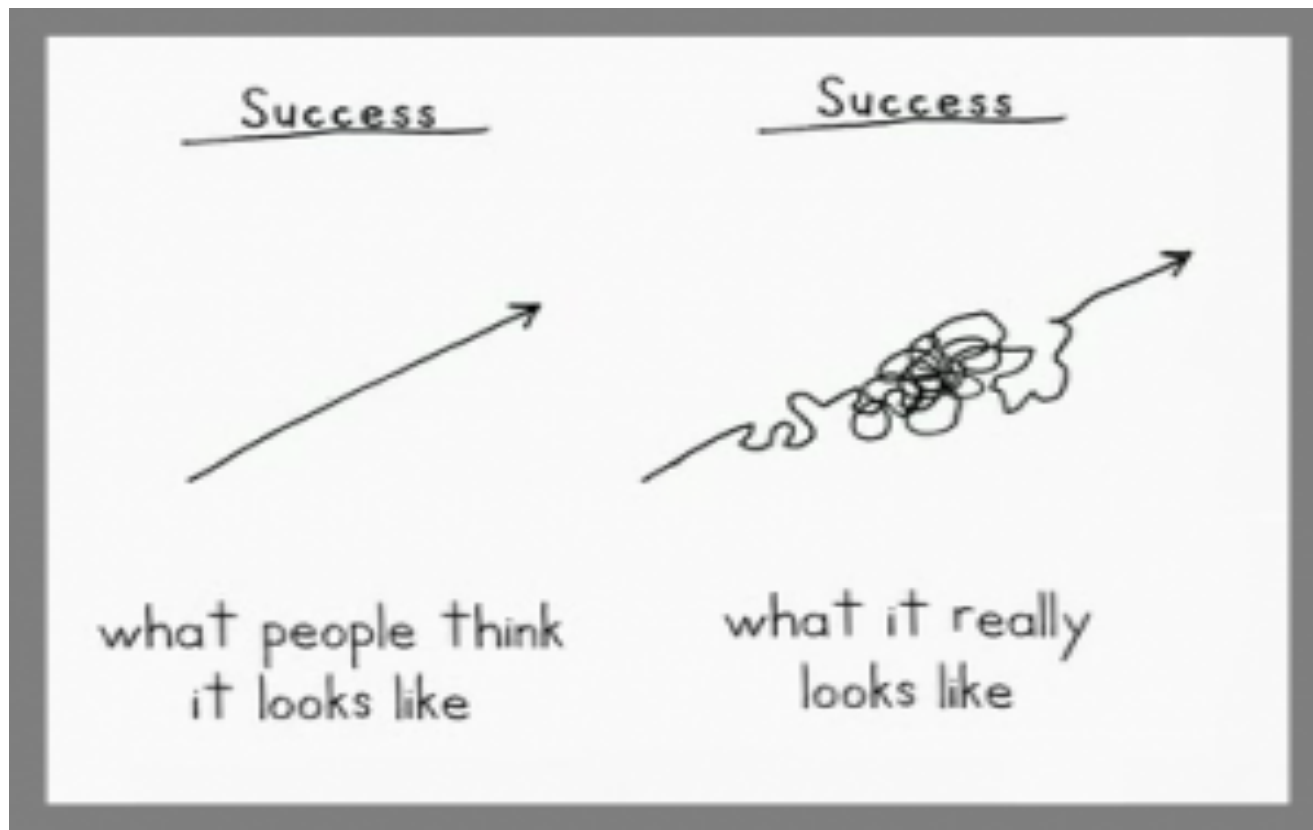
Quick question 1

Decide if you are :

- An athlete who's a pupil / student?
- A pupil / student who's an athlete?

2 mins, discuss your choice and the reasons with the person next to you. There are no right or wrong answers here.

The route to *Success*



What contributes to the squiggly line?

- In groups of 2 or 3 come up with a list of all the things that hold you back/stand in the way of your success in athletics. Could be studies / injury / judges / time commitments etc.
- 5 minutes to note some down.
- Again, there are no wrong answers here, simply what YOU think.

The route to *Success*



Talent alone is not enough.

“People say I have a great talent, but in my opinion excellence has nothing to do with talent. It is about what you choose to believe and how determined you are to get there. The mind is more powerful than anything else”

- Michael Phelps. 2009

So what barriers stand in the way of your athletics ?

- **Social Pressures**

- Friends/peers simply don't understand
- Family
- Pressure to fit extra commitments into a busy day.
- Lure of other options – other sports / interests
- Establish your individual identity among peers / team mates
- Meeting expectations / demands
- Relationships



So what are the academic & sporting pressures that build?

- Squad /Club / coach & personal expectations
- Proving yourself to coach/team
- Increased personal responsibility
- Training partners / squads
- Disrupted meal / nutrition / sleep patterns
- Time pressures caused by assessment /exams /academics
- Clashes with academic & competition / training schedules



Taking control

To give yourself the best chance of success and to develop in all aspects of life, you need to be able to:

- take control and responsibility over the controllables
- and make decisions about the uncontrollables
 -control and responsibility creates confidence
 -confidence develops self belief, attitude and desire in sport, education and in life.

Taking control

Look at the lists you've made just now about what holds you back.

Put the factors into two piles:

Controllable -you can influence Uncontrollable – you can't



OUT OF CONTROL

Success lies in.....

Control what is in your power to control by:

- Developing positive relations and regular communications with school staff. Keep them informed about your progress/any concerns.
- Developing **regular** adherence to individual & squad training sessions. No long term improvement without **regular** adherence.
- Developing proactive approaches with education staff & coaches
- Developing and implementing forward planning strategies
- Developing and improving time management strategies
- Taking charge of your own preparations: kit / diet / sleep / schedule.
- Developing your own monitoring system: What am I doing well? How can I improve?

By doing this you are on the way to adopting a **performance lifestyle**.

In summary

- Take personal responsibility for your own academic development.
- Ensure you have adequate sleep and rest
- Be constantly aware of good nutrition & hydration.
- Establish your daily / weekly routine and stick to it
- Construct an integrated annual plan including term times / assessment dates / exams / competitions– a wall chart is good for this – and keep it updated.
- Immediately you spot any potential overlaps or problems make your coach / school staff aware. **Take action/take control.**



A Performance Lifestyle

A PERFORMANCE LIFESTYLE is essentially about.... leading a lifestyle which enhances **PERFORMANCE** : includes the steps you can take to improve your sporting development by adopting an integrated, organised approach to your sporting & academic development.



So recap the message.

In simple terms:

Organise

Plan

Prepare

Communicate

Take control & responsibility.....



Questions?



*Providing high performance expertise
to sport and athletes in Scotland*

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