



Competition Preparation Advice

Ken Hogg

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Competition Preparation Advice

- List of Competitions
- Planning Competition year
- Planning Competition day
- Competition thoughts
- Execution and Expectation

Competitions



- Local Open Graded competitions
- Other Open Graded competitions
- Leagues
- District Championships
- Schools Championships
- Scottish Championships
- Schools and Home Internationals
- British Championships
- European Championships
- Commonwealth Games
- World Championships
- Olympic Games

Planning Competition year



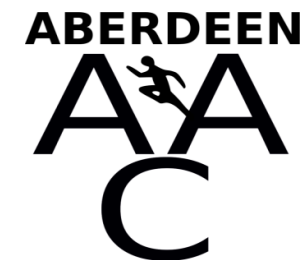
- Identify Main Target
- Plan back from main target
- How many competitions do you need?
- Flexibility

Planning Competition day



Activity	Time	Eat and drink
Race time	2.00pm	
Call room	1.40pm	
Toilet	1.35pm	
Spikes off	1.30pm	
Last preparation run		
Strides		
Spikes on		
Dynamic drills		
Warm-up run		
Latest declaration time		

Competition Preparation



Activity	Time	Eat and drink	
Arrive at venue and declare			
Last eating	2-3 hours prior to race		
Travel			
Leave home			
Breakfast			
Hair and Make-up			
Shower			
Pack bag	Previous day		
Latest declaration time	Decide leaving time		

Competition thoughts



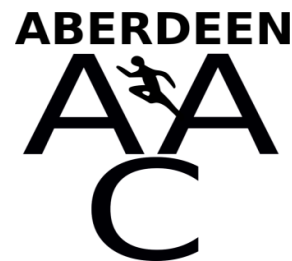
- Purpose to every competition
- Have a competition plan
- Good to win but beneficial to step up a level
- Learn more when not winning
- Competition day routine, follow without being obsessive
- Nerves are essential
- Visualise winning the race
- Have positive thoughts, think about your good training sessions
- Leave competition knowing you have done your best
- Concentrate on you, not opponents
- Assess and review performance with Coach
- Cannot perform a personal best at every competition

Execution and Expectation



Focus on execution and your performances will often exceed expectations.

- Don't confuse high expectations with confidence. They are not necessarily related.
- High expectations can often lead to under performance, lack of learning and burnout.
- It is great to expect you will perform well but rarely does anything ever go as exactly as we plan.
- Sport and Life is a fluid dynamic open ended journey.
- Over emphasis on expectation will lead more often than not to self-doubt.
- Instead enter into each performance with a clear and open mind, with little thought of outcome,
- Set 2 -3 mini challenges. Judge your performance by your ability to step up to these specific challenges.
- Perform a post-performance debrief. Write down what worked, what did not and what you learned.
- You are not perfect, don't pretend to be.
- Embrace this imperfection and you have a good chance of success.



‘You may have the talent to win a race but if you have not thought it through properly you won’t win.’ *Dame Kelly Holmes*