

MENTAL SKILLS AND MEET PREPARATION

PARTNERSHIP BETWEEN T.O.P. AND AW PERFORMANCE

A QUICK REVIEW

- Some of the mental skills that can aid in the competitive season
- Our focus this evening
 - GOAL SETTING
 - FOCUS AND ATTENTION
 - ENERGY MANAGEMENT

GOAL SETTING

- Take a few minutes to write down all the goals you have for yourself for the next few weeks
 - Meets in the next few weeks
 - City Championships
 - ASAA Provincial Championships
 - Caltaf
 - Foote Field Open
- ***What are your goals for your next couple of meets?***

GOAL SETTING

- How do you set appropriate goals?
- #1 based on past performances
 - What performances have you been able to accomplish at your last few meets?
 - What performances have you had at practices in the last few weeks of practice?
- #2 your coach
 - Collaborate with your coach. Together you can discuss what you can look forward to in the next few weeks.

GOAL SETTING – BETTER PRACTICES FOR MEETS

- DO
 - Specific
 - Moderately difficult
 - Achievable
 - Stay focused on performance and process goals at the competition
 - The right amount of goals
 - Have 2-3 main things to concentrate on (process goals □ cues)

GOAL SETTING

OUTCOME GOALS	PERFORMANCE GOALS	PROCESS GOALS
A competitive result, outdoing someone else <i>Ex. Winning, getting on the podium</i>	Achieving a standard, usually in comparison to your past, a mark performances <i>Ex. Achieving a certain time/distance/bar height, a pb</i>	The actions one must do to execute or perform well. <i>Ex. Keeping toes up, turning right foot in middle of circle, driving knee up and out fast on take off</i>

OUTCOME PERFORMANCE PROCESS

Try the “how do I do that”

GOAL SETTING

- Look at your goals and see if they need revision
- Keep them very specific and appropriate for the upcoming meet
- Remember, goals are flexible and are a guide to help you
 - They are a challenge to go for, and if you fall a bit short...no worries, you assess, evaluate, problem solve, and go for it another day!!!

FOCUS AND ATTENTION

- ***Take a few minutes to write down some potential distractions you may encounter at a meet.***

FOCUS AND ATTENTION

- With many potential distractions at many different moments leading up to the meet and during the meet, how does one keep their focus?
- #1 know what would want to accomplish
 - If you set good goals, that can help you remain focused. It takes the guess work out of the meet
- #2 your routine
 - Your warm up routine, pre-comp routine, block routine, runway routine, circle routine can help you get into a rhythm and pull your focus on to relevant information
- #3 make meaningful cues
 - Take input from your coach and your process goals to create meaningful, short cues that help you can confidently execute

FOCUS AND ATTENTION

- Some times a “distraction” can be a good thing
 - Ex. When we are hyper focused on less than ideal internal feelings, broaden your attention to the outside
 - getting pulled along by other competitors, rising to the level of the competition
- Know when to narrow/broaden your focus
- Know where to direct your focus internally/externally

- ***STAY IN THE MOMENT***
 - The beauty of competing



ENERGY MANAGEMENT

- With many of you competing in several events over multiple meets, energy management will be a key skill so you can do well in all the events you enter.
- ***Take a few minutes and write down the number one thing you do to***
 - ***A) calm down***
 - ***B) rev up***

ENERGY MANAGEMENT

- Things to consider
 - Know your energy zone
 - Are you a higher energy person or a lower energy person
 - Know your environment
 - Are you between events? Next up? On deck? Behind the blocks?
 - Know what may take you out of your optimal energy zone
 - Did you just have a pb? Did you just have a rough performance? Are you worried about your upcoming event (in the same meet or next meet)?

ENERGY MANAGEMENT

- Some quick techniques
 - Calming
 - Breathing □ colorful breathing, deep breathing,
 - PMR □ progressive muscle relaxation
 - Self talk
 - Energizing
 - Music
 - Activating movements
 - Self talk

THE MAIN OBJECTIVE

FUN

- Sometimes we forget that what we do is fun. When we find fun we open ourselves to performing at our best.
- Every competition is an opportunity to see where you are at, how far you have come, and (when the competition is over and you debrief) where you want to go next
 - CHALLENGE ACCEPTED!!!

Quick Fire Question: What makes track & field fun for you?





SUMMARY

- Know *your* goals
- Execute your routines/cues
- Stay in the moment
- Have your spot to relax and your spot to rev up
- Take a good breath when you need it
- Have fun (with a smile...)