

GAME ON!

Master your mental game & take control of your performance

In this issue...

- *Getting support from the "home team".*
- *Using reflection to check in and expedite your progress.*
- *Getting active with the whole family!*

"The greatest thing in this world is not so much where we are, but in what direction we are moving."

- O.W. Holmes

TEAMWORK Getting support from family & friends

Teamwork doesn't just involve your training partners and teammates. You also need a team of family and friends to support you as well. The psychological aspects of performance reach outside of your sporting life. The kind of support you have (or don't have) around you has a great impact on your motivation.

Communicate

Having a home team that backs you takes effort on both sides.

Situation: Your friends want to go out and can't understand why you have to leave at 8p so you can be in bed by 8:30p.

Answer: Set the expectation ahead of time. When you're making plans, let them know when you're taking off. Try and set the meeting time earlier so you can hang out more. Then next time, trade off and you plan the outing to fit with your training schedule.

Situation: Your spouse is feeling like he/she has to compete for your time.

Answer: From the outside, it can look like you are putting family life on the back burner so you can go out and "play". Let your partner know how important this is to you and what it means to you to be able to train and compete. Have your training schedule planned out ahead of time and put it on the family calendar so everyone can plan around it. Also be ready to compromise. If you need to switch your PM workout to early morning so you can spend time eating dinner together, be ready to do it.

Compromise

Stress at home takes away from your energy to train and compete – so compromise might be the best thing you can do to get the support you need and be able to give 100% to training. Pick out times when you can include your family and friends in your training and cross training. It's also important to spend time with your "home team" doing things that aren't related to anyone's sport. Find a balance that works.



Recognize

Everyone needs to feel appreciated. For any professional or serious competitive athlete, there are people behind them who have often made sacrifices in order to support the athlete in their life. Your "home team" needs to know that their role is recognized and valued. Building up and strengthening your support system can be a key factor in achieving your goals. Make sure to frequently share the famous words of Bartles & James with your friends and family so they know what role they play in your success:

"And thank you for your support."

Family Fun Time

The family that plays together, stays together.

Check out the list of family friendly activities that you can do together!

Hiking & Biking

Find a TRAIL

near you!

gorp.away.com

5k or Triathlon

Find a family

friendly RACE

near you!

active.com

Disc Golf

Find a COURSE

near you!

pdga.com

Canoe & Kayak

Find some

WATER

near you!

canoekayak.com

CHECKING IN Improving performance with reflection

Reflection is one of the most beneficial tools for improving your performance. Unfortunately, it is also probably the most neglected. Our ability to learn is directly related to the feedback that we receive. By reflecting on your practice and performance, you are opening yourself up to receiving feedback that is critical for progressing to the next level.

Do you see what I see?

When you don't use the opportunity to build on your performances – you're reinventing the wheel each time you get out on the court, field, or race course.

There is a tremendous amount of information contained in each practice and competition. All of this information lies dormant unless you choose to get it. It is your job to bring that information to the surface and make good use of it.

Feedback from others can be invaluable as well. Asking your coach or a teammate "What do you think my strengths are? Where do you think I need to improve?" helps give you a perspective you might not have seen before.



Reflect back and move forward

An easy way to start reflecting is with post event analysis. Answer these questions after your next competition:

1. What were your goals for this competition and how successful were you at working towards them?
2. What were your strengths in this competition?
3. What were the most challenging parts of the competition?
4. What did you learn from this experience?
5. What do you need to keep in mind for next time?

Looking back on the information you have gathered you can ask yourself "How can I improve on this?" The reflection process helps you build on each performance. It helps you to be proactive and take control of your progress. Incorporate reflection into your game plan and get the most out of your performances.

Carrie Cheadle, M.A.
(707) 338-0854
performingedge@mindspring.com
www.carriecheadle.com