

ASPC

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Setting up a high performance system

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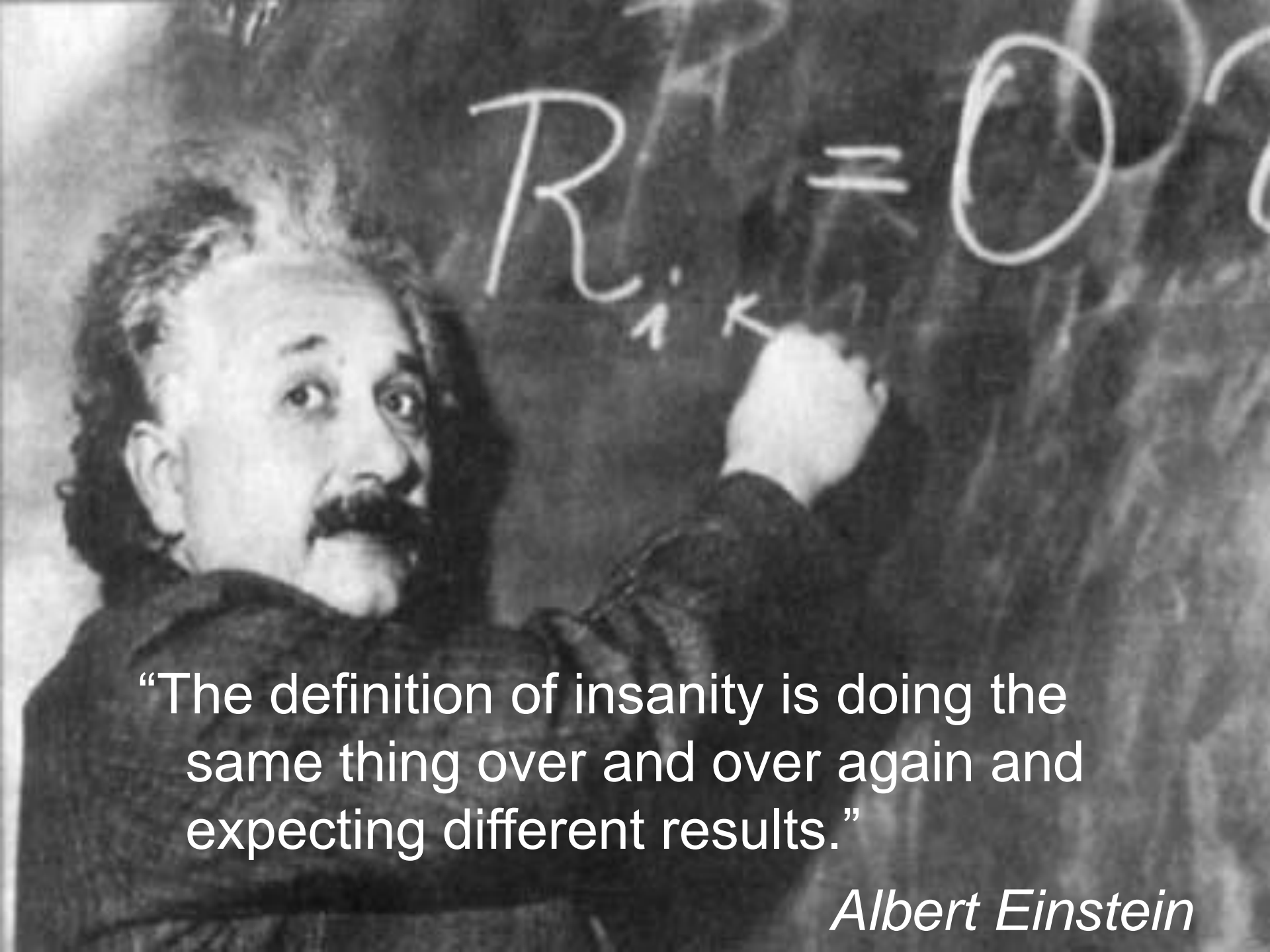
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“The definition of insanity is doing the same thing over and over again and expecting different results.”

Albert Einstein


FACT!!

- The approach to athletic training and preparation has undergone radical changes over the last decade.
- These changes are sometimes referred to as paradigm shifts.
- New paradigms for short and long-term athlete preparation, planning, and periodisation are challenging coaches and sport administrators to rethink and restructure training, competition and recovery programmes



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- Coaches often evaluate the value of their coaching paradigms based on athlete performance.
 - If a coaching paradigm has been successful in the past, there is a tendency for the coach to continue to use it.
 - However, history has shown that past success doesn't guarantee future success. (What may work somewhere else may not work here.)

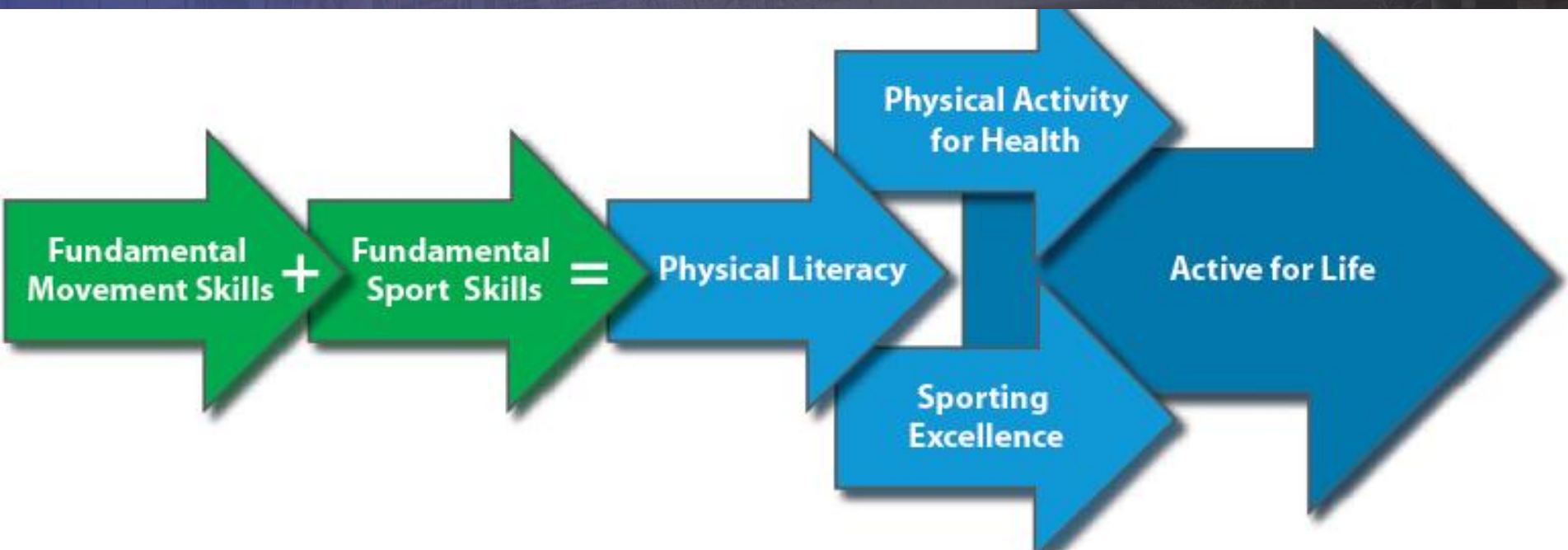


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- Optimal training, competition and recovery programming with relation to biological development and maturation
 - Equal opportunity for recreation and competition
 - Athlete centred, coach driven and administration, sport science and sponsor supported
 - Long-term athlete or long-term player/athlete development is not an elitist model
 - LTAD provides the base for participating in life-long physical activity as well as to train and compete in performance sports.





 Physical Literacy is the foundation for life-long participation in physical activity and excellence in performance sport

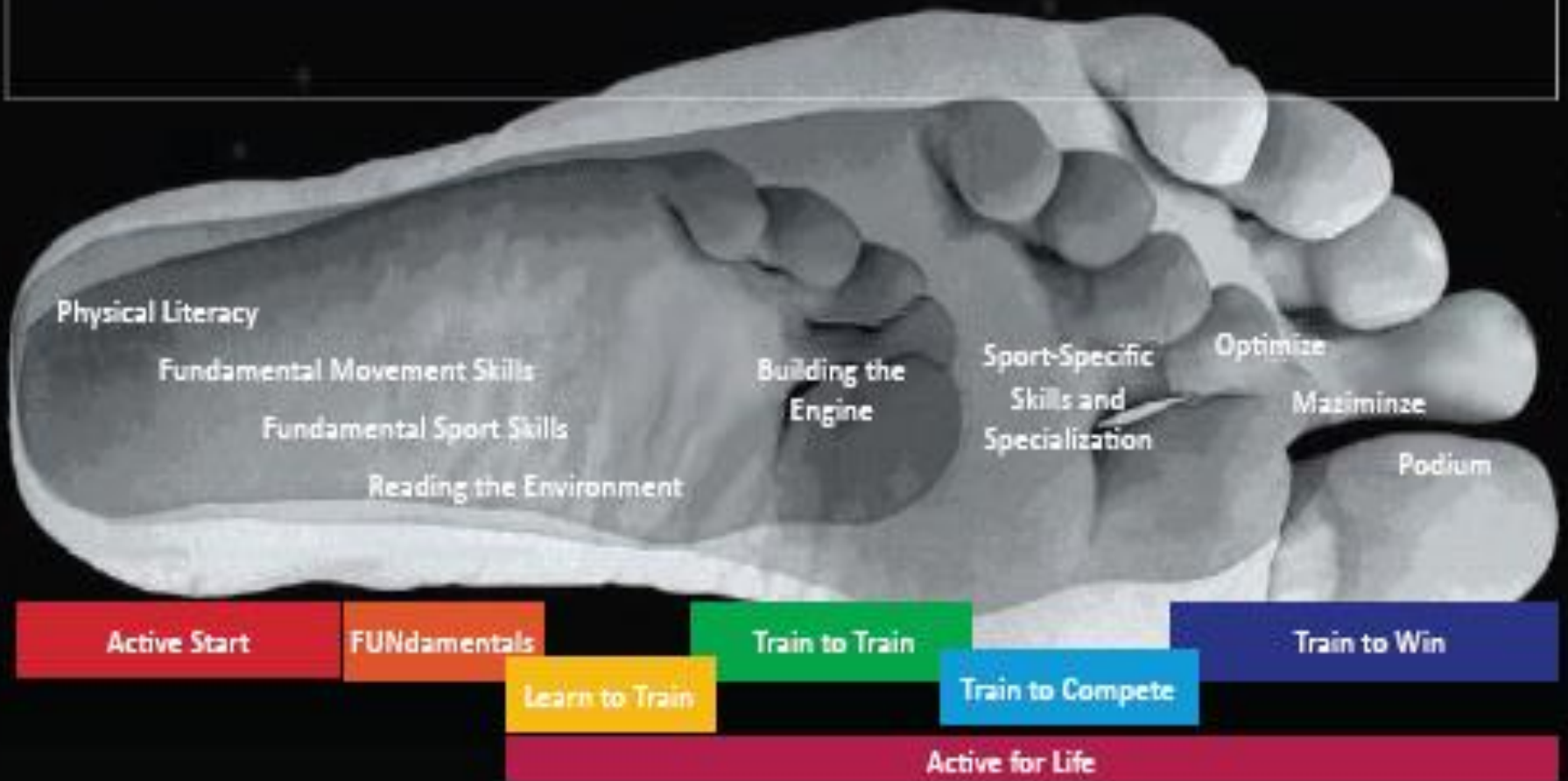


THE BIG PICTURE

- The health and well-being of the nation and medals won at major games and international competitions is a simple by-product of an effective sport system starting with physical education!



Long-Term Athlete Development 7 Stage Model

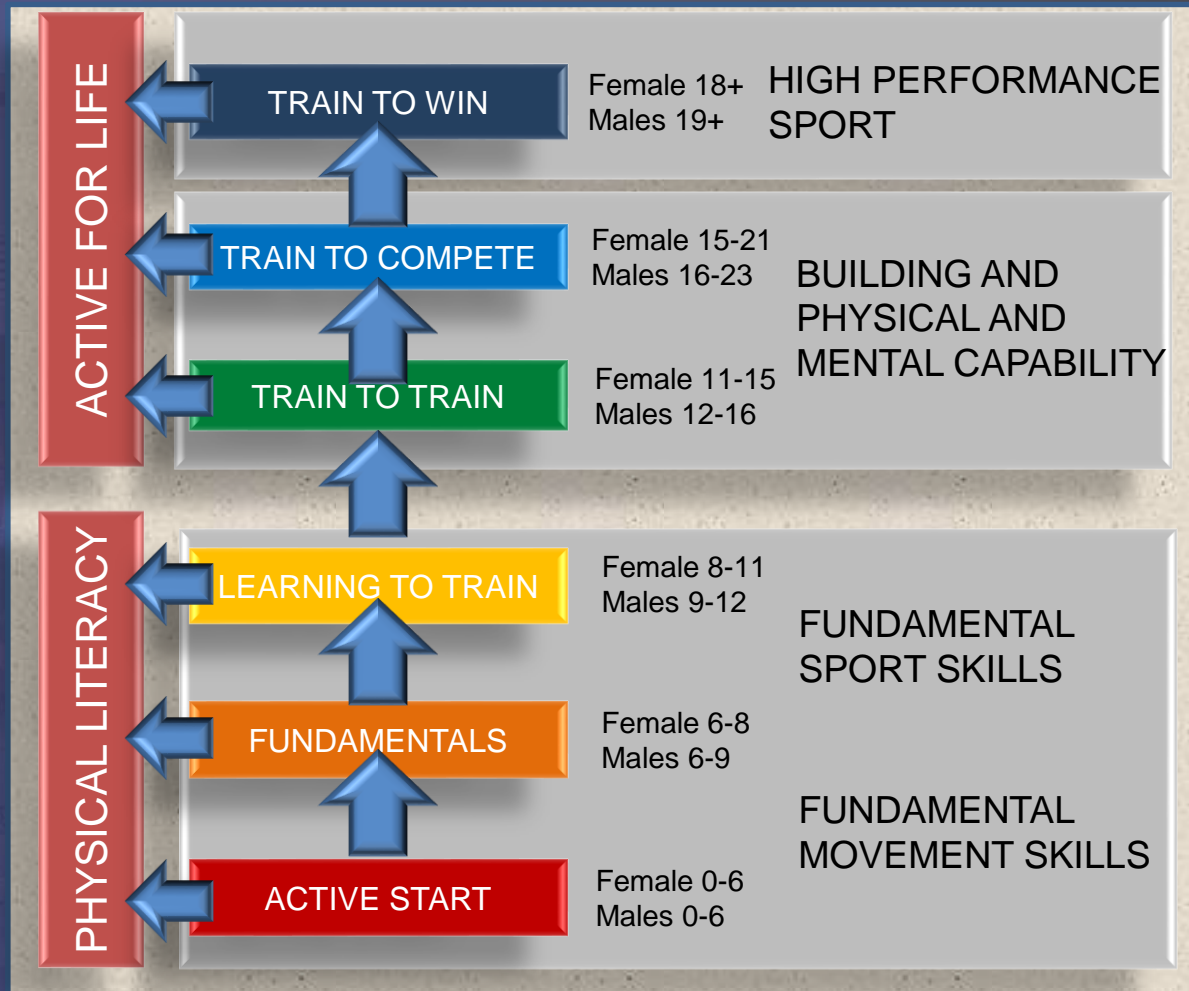


Adaptation Presentation of István Balyi 2009



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Contributors to LTAD and HP Sport



GOOD TO GREAT!

- **Excellence is not the issue – everything is excellent – it's about relevance and context.**
- It is no longer about what you know – Professor Google has made sure that everyone knows what you know – it's now about how, when, where and why you do what you do;






- **The name of the game is living success** – having a set of rules that guide the direction of your life, the decisions you make and the destiny of your dreams...everyday – try these four:
- **P – Persistence** – Never, ever give up;
 - **A – Attitude** – they can who believe they can;
 - **C – Consistency** – it's not about the end result every year (in the annual report) – it's what you do everyday that makes a difference; US OLYMPIC SLOGAN
 - **E – Energy** – Passion, excitement, enthusiasm – these things give you the energy to power success.






 **Change is critical.**

 But – you need to accept that everyone is changing – the real challenge is to accelerate your rate of change faster than your opposition



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- The difference between good and great is simple: it's about doing more – more often.
 - Most people do the minimum standard – the great ones do more than they are asked – they challenge themselves to improve and get better – they do more than is expected.
 - How can you be great if you do the “average” – being great is about doing more than the average






Continuous improvement is everything.

It is not about winning once - it is about continually challenging, changing, learning, evolving and improving so that you are always striving to be better.

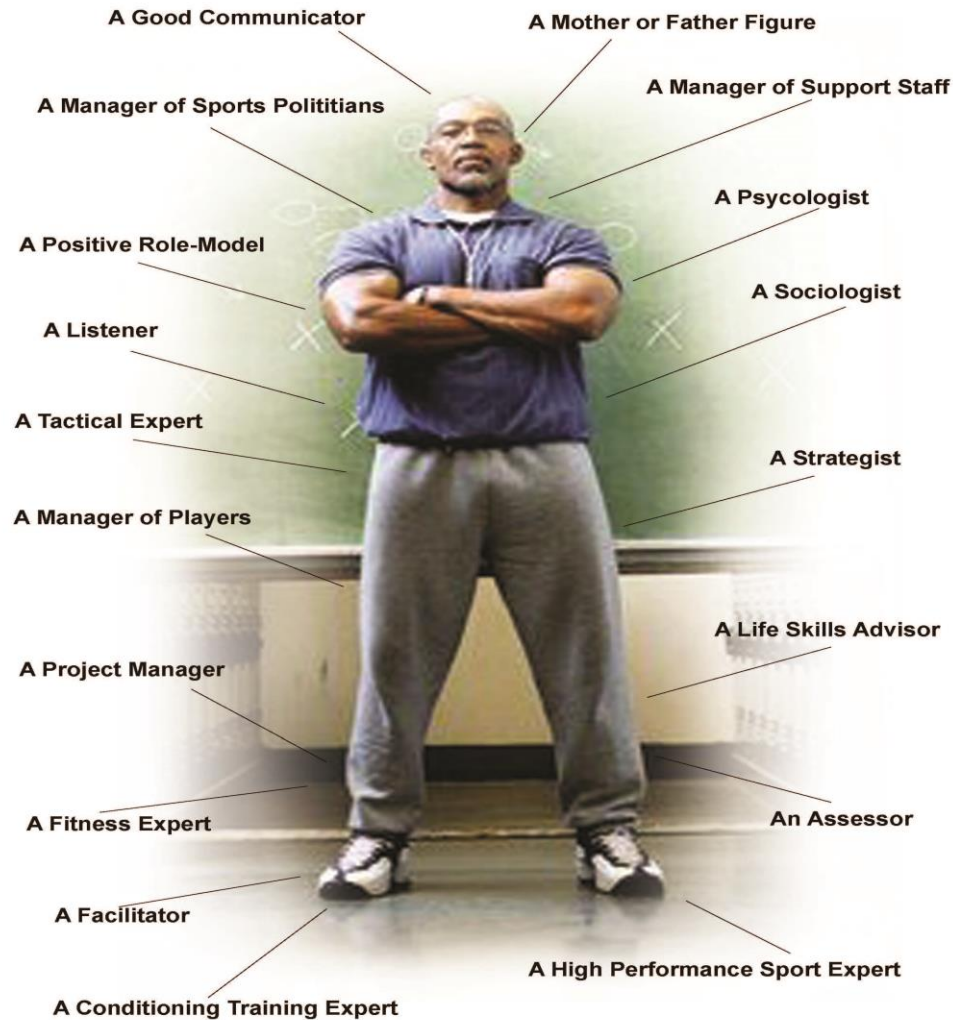
Believe like you are number one – but passionately and relentlessly pursue improvement like you are number two.



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Ideal Coach



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“To win is great, but to not
know why you have won
is unforgivable”
Steve Carver



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THE 6 POINT PLAN!

■ Ruthless simplicity:

When it comes to communication, coaching approaches, plans and implementation of the plans).

■ The deadline never changes:


Don't compromise your end target/goal, rather find solutions to the obstacles you face reaching the deadline).

■ Good enough – isn't anymore



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■ The enemy doesn't wait until you are ready – it's tough out there.

■ Perils of performance loafing:

As a team grows in size, the contribution of the individual tends to decrease.

■ Finally, the pursuit is just as important as the result!




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VVIP!

- Concentrate on what you can control
- Becoming brilliant at the basics
- Begin with the outcome and plan backwards
- Systematic thinking – be disciplined in your thinking during periods of winning and losing



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- Values and beliefs affect attitude and that attitude ultimately affects behaviour.
 - It cannot be stressed enough how important it is to know what values and beliefs the people you are working with have.
 - They need to be known, discussed and understood.
 - This will make it easier to plan an approach to achieve the best results possible.



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- A critical element of any success is overcoming adversity: Once attained, success looks effortless, as if the person were born to it.
 - Failure is actually a big part of success. Failure sends a successful person in a new direction towards his or her next success. Little is as important in any endeavour than learning how to handle failure and disappointment.
 - Nobody wins all the time: even the best professional athletes make mistakes - Michael Jordan said, “I can accept failure, everyone fails at something; but I cannot accept not trying”.





A high performance environment provides the potential for success: a winning culture turns potential into victory.



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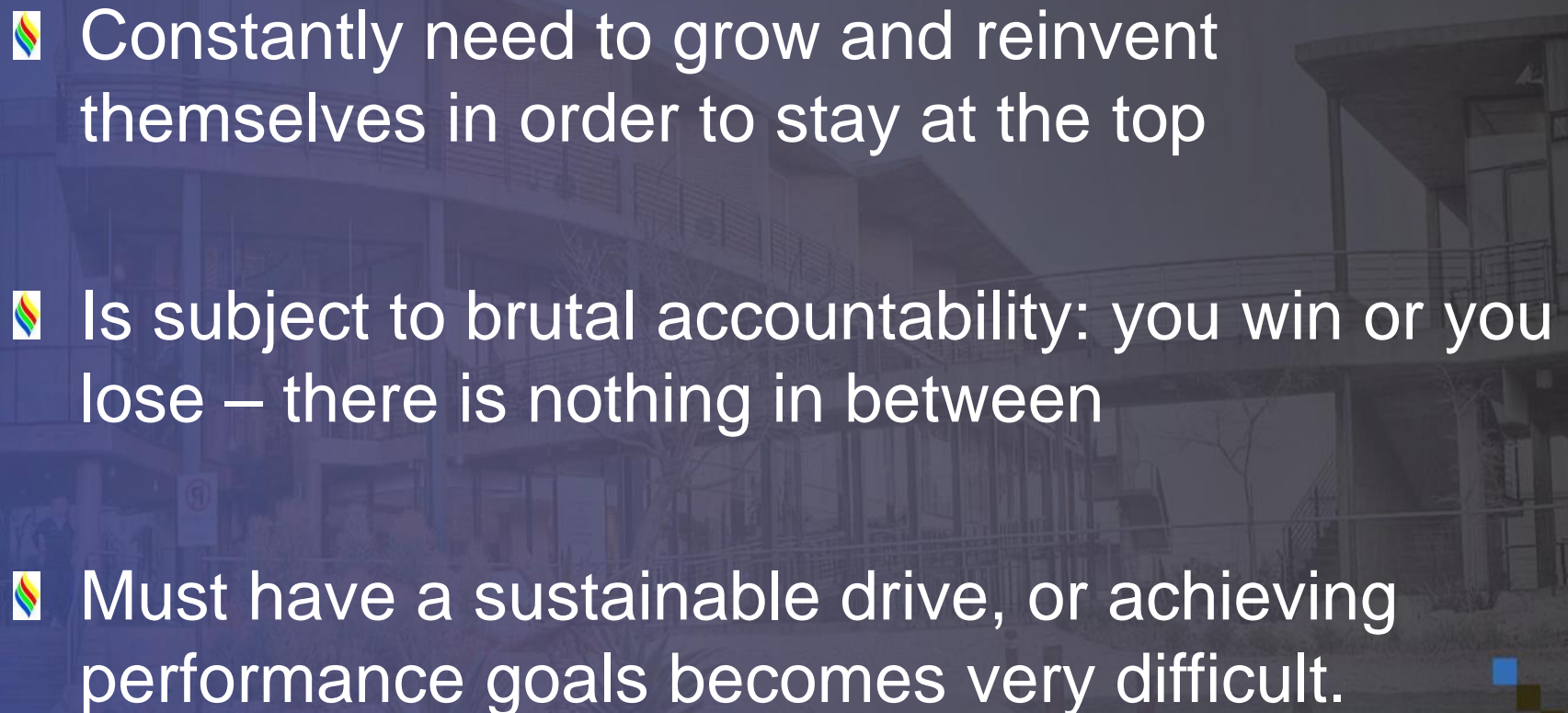







Just take a moment to reflect on the fact that Elite Athletes:

- Must perform under conditions of intense pressure
- Must understand that numbers drive everything
- Are constantly under pressure from ambitious new competitors on a daily basis
- Realises that last year's record becomes next years baseline



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- Constantly need to grow and reinvent themselves in order to stay at the top
 - Is subject to brutal accountability: you win or you lose – there is nothing in between
 - Must have a sustainable drive, or achieving performance goals becomes very difficult.



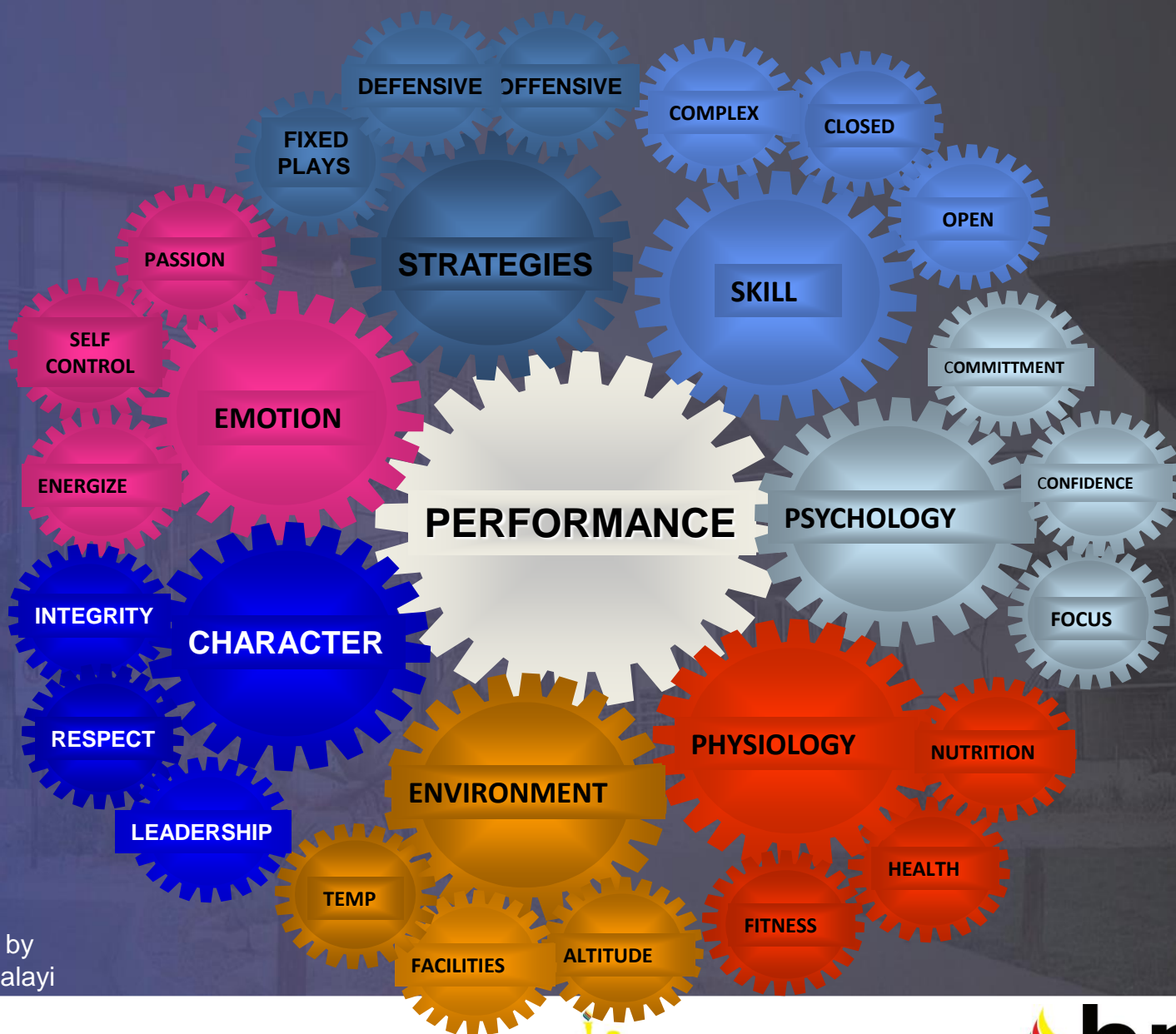


■ These prerequisites and requirements of the elite athlete are exactly what you as Directors of Sport/Sports administrators face to ensure that these underlying mechanisms which orchestrate world-class performance are enshrined in winning culture.



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