

PEAK PERFORMANCE

PREPARING THE ATHLETE
FOR ELITE COMPETITIONS

FIVE AREAS OF FOCUS

- 1. PHYSICAL
- 2. TECHNICAL
- 3. MENTAL
- 4. PERSONAL LIFE BALANCE
- 5. COACH/ATHLETE INTERACTION
- 6. USOC STUDY

PHYSICAL

- 1. Concept of periodization well documented
- 2. Individual application of above model
 - A. Plow horse vs. Thoroughbred
- 3. Tendency of U.S. Athletes to be ready early
 - A. Historical Collegiate Season
 - B. Lack of Competition's
- 4. Multi year planning with patient approach
 - A. Build level of consistency
 - B. Generation of "I want it now"

TECHNICAL

- 1. Long range implementation of new concepts
 - is necessary, don't implement changes prior to major competition.
 - A. Hysong-Angle of attack, change took 3-4 years
 - B. Dragila-Lowering of pole/bottom arm focus
 - Idea was to take 2 years
- 2. Establish simplistic movement patterns
 - A. Comparing Tarasov to Huffman
 - B. Dragila-Fewer misses, higher opening heights as she progressed
- 3. Key technical areas must be established 6-8 weeks prior to major competitions
 - A. Approach run (Mack and Stevenson 2004)
 - B. Takeoff position

MENTAL

- 1. Establish realistic belief structure
 - A. We can only control our own situation
- 2. Allow mistakes and failure to be accepted
 - A. Success only comes when risks are taken
- 3. Develop competition routines that instill confidence (Mack index cards)
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EMOTIONAL BALANCE

- 1. Interaction of family and friends
 - A. Support system
- 2. Training group environment
 - A. Must be given great thought (John Smith)
- 3. Utilization of non-training time
 - A. Critical when training becomes full time

COACH/ATHLETE INTERACTION

- 1. Balancing trust/control/independence
 - A. U.S. System of multiple coaches and perceived role of coach.
 - 1. Hysong—Father/University/Gain and loss of trust/Commitment to coach and plan
 - 2. Dragila--Secondary/Pre-University/University Husband/Agent
 - 3. Mueller—University/Husband
 - 4. Markov—Parnov/Wife
- 2. Developing competition routines
 - A. Prior to competition day
 - B. Competition day