

 **COACHES ARMOURY**

COACH/ATHLETE RELATIONSHIP

RESOURCES

COACH/ATHLETE RELATIONSHIP

COMPETITION SHEET

Going into each competition with a specific goal and plan in writing will increase accountability and the odds of achieving it. Actively seeking some takeaway points after the competition will allow you to learn, grow, and move forward stronger.

DECIDE: Establish a clear goal and vision of how you plan to get there. (Send prior to competition).

- 1. What do you want to accomplish this competition?** (be specific):
- 2. What gives you confidence in accomplishing that goal?**
- 3. What is the biggest perceived challenge of accomplishing that goal?**
- 4. What are 1-3 controllable thoughts/actions that will increase your odds of accomplishment?**

DELIVER: Action is important, hard work is critical, but delivering results is the most important step in development. If you don't earn the end result you want, then you learn what you need to improve. (Send this in Training Log or Email after the competition)

- 1. What were the results** (Include splits and any other important details):
- 2. What Grade** (A + being the "best performance of your life") **do you give yourself?**

DEVELOP: Accomplishment or failure, build the skills/perspective you need to move forward positively. (Send this after the competition)

- 1. What went well that you can continue to do moving forward?**
- 2. How can use this to improve on moving forward?**

COACH/ATHLETE RELATIONSHIP

TIPS AND RESOURCES FOR COACHES

Understand your athlete individually: Before you start working with your athletes, do your best to get as much information from them about their training history and motivations.

ATHLETE QUESTIONNAIRE:

Past Training Information:

- Training Age (How many years have you been training for your specific event or events):
- Past injuries:

Personal Information:

- Greatest strengths as an athlete:
- Biggest challenges and perceived weaknesses as an athlete:
- Why are you choosing to compete?
- Biggest fear of competing?
- What do need/expect from a training group and training partners:
- What do you need/expect from a coach/program:
- How do you want to be known as an athlete/person:

ATHLETE QUESTIONNAIRE CONT:

- What do you want to accomplish this year competitively:
- What do want to accomplish in the next 5 years competitively:
- What is your best performance(s) to date and what are some perceived reasons for the outcome:
- What is your worst performance(s) to date and what are some perceived reasons for the outcome:
- Any other important questions, comments, concerns:

COACH/ATHLETE RELATIONSHIP

EXAMPLE DAY

Keep Track: Keeping a training log is important so coaches can know how to adjust/help you improve your training each week. More importantly it is so YOU can be aware of all of the work you put in over time. This is a developed skill that can give you true confidence as you head into the toughest parts of your season.

Training logs can be as simple or as detailed as you like. Below would be an example of the simplest quickest things to track

MONDAY:

What Was the Training Session: What did the athlete do? 6 miles of running at 7:00 pace, 60 minute soccer scrimmage, 40 minute yoga session?

Rate of Perceived Exertion: How hard was the session on a scale of 1-10. 1 being a walk in the park, 10 being the hardest training session or competition of your life?

Other Details/Comments: Is there anything else you want to include? Incentivizing athletes to give comments will allow you to learn more about them.

Check in with Your Athletes Daily: We use a jump test to assess daily readiness for a session. Not only does this provide a physical marker for readiness, but it also give an opportunity to have a one-on-one moment with the athlete to check in with them to see if they are prepared for the day of training