

1 Progressions, Preparations & Strategies

Friday, December 14

16:30-18:00

John Rembao

2 Keys to getting on Podium

- Create a Vision
- Talent Assessment
- Performance Training
- Health Mindset
- Mentoring

3 Talent Assessment

- Know your athletes strengths & weaknesses
 - Psychological
 - Strength
 - Speed
 - Stamina
 - Skill
 - Suppleness

4 Psychological Assessment

- Competitive Nature
- Arousal
- Learning Style
- Competence

5 Competitive Nature

- What is your athlete's competitive nature? Yours?
 - How do they view competition?
- Are they intense? Are you intense?
 - Practice: Athlete? Coach?
 - Competition: Athlete? Coach?
- Are they low key? Are you low key?
 - Practice: Athlete? Coach?
 - Competition: Athlete? Coach?

6 Arousal Levels

- What is your athlete's beginning arousal level?
 - Practice
 - Low Arousal

- Moderate Arousal
- High Arousal
- Competition
 - Low Arousal
 - Moderate Arousal
 - High Arousal

7 Low Arousal

8 Moderate Arousal

9 High Arousal

10 Learning Styles

- Visual
- Kinesthetic
- Aural
- Verbal
 - Logical
 - Social
 - Solitary

11 Strength Assessment

- Background
- Testing
 - Max Reps
 - Low Risk
 - Moderate to high stimulus
 - 1RM
 - High risk (if done incorrectly)
 - High stimulus
 - Technical breakdowns

12 Speed Assessment

- Testing
 - Timing
 - Video
- Speed development
 - Emphasize running mechanics
 - Emphasize conditioning
- Max speed vs. Runway speed
 - Speed Reserve

13 Stamina Assessment

- Use “technique” to measure fitness
 - Sprint mechanics
 - Lifting technique

- Plyometric technique
- Consider all physical activities

14 ☐ Skill Assessment

- Create a model
 - Develop a list of what you want the athlete to do
- Competency List
 - Create simple grading system
 - +, x, -
 - Bowling score
 - Nothing: great
 - Diagonal line: problem, but not terrible
 - X: major problem

15 ☐

16 ☐ Suppleness Assessment

- Dynamic Flexibility
 - Important
- Static Flexibility
 - Useful

17 ☐ Create a Vision

- Capture their Imagination
- Encourage Self Determination
 - Competence
 - Autonomy
 - Relatedness

18 ☐ Capture Their Imagination

- Coaching examples:
 - Joe Vigil
 - Brooks Johnson
 - Randy Huntington
 - Beverley Kearney
 - Dave Wollman

19 ☐ Competence

- Take time to teach
 - Bring the athlete along slowly
 - Nurture understanding
 - Acknowledge their learning
 - Use your competency list

20 ☐ Autonomy

- If they need you too much they will not be strong enough to handle the tough competitions
 - Origin or source of behavior comes from within
 - Internal perceived focus of control is one of the strongest indicators of mental health

21 ☐ Relatedness

- Feeling related to others
- Sense of belongingness
- Quality relationships
- Feelings of isolation

22 ☐ Performance Training

- Purpose of Training Phases
 - Training to train - Getting Fit
 - Training to begin to compete - Transition
 - Training to compete - Refinement
 - Training to peak - Max Performance

23 ☐ Training to Train

- General Preparation Period
 - Preparing athlete for the volume and intensity of training in the specific preparation period.
 - Total length approx. 1/3 to 1/2 of training year.
- During Training to Train emphasize doing things with a purpose!

24 ☐ Preparing to Compete

- Specific Preparation
 - Prepare the athletes mind and body for early season competitions.
 - Increased intensities then volumes specific to the demands of the event.
 - Total length approx. 1/4 of training year

25 ☐ Training to Compete

- Competition Preparation Period
 - Preparing the athletes mind and body to compete.
 - Training is of high intensity and specific to the event.
 - Total length approx. 1/4 to 1/5 of training year.

26 ☐ Training to Peak

- Competition Period

- Preparing athletes for major competitions and should last not longer than 2-3 weeks for each peak.
- Total length approx. 5% of training year.

27 Health Mindset

- Training with health in mind
 - Technique
 - Recovery
 - Medical Team

28 Technique

- Use technique to keep you healthy
 - Speed
 - Strength
 - Stamina
 - Skill
 - Suppleness

29 Recovery

- Use recovery to improve
 - Give each energy system time to recover
 - Use a variety of recovery methods to assist recovery
 - Lifestyle
 - Nutrition
 - Sleep
 - Down time
 - Massage
 - Baths
 - Other methods

30 Medical Team

- Doctors
- Physical Therapists
- Chiropractors
- Acupuncturist
- Massage Therapists
- Psychologist
- Coach

31 Mentoring

- Collaboration
 - Informal
 - Formal