

## Matt Hemingway

### Topic

#### Getting to the Games...Now What

1. Selecting Cliff, why, and the differences that choice contributed to the Silver?
2. Your focus/motivation, changes to your previous training, that made a difference in Athens
3. Phych - of the US Trials, time before Greece, in country, Q round and the big day
4. How to handle the biggest competition of one's life and not as Dwight says "become an Olympic tourist"

- ▼  Getting There:
  - ▼  Difficult Choices: Changing Coaches
    - Coaching without an agenda:
      - ▼  Minor Changes
        - Narrower Approach
        - Initiating the turn
  - ▼  Motivation and Training Changes
    - ▼  Clarity: Changes from my previous training
      - The Commandments of playing Hoops
  - ▼  Surviving the Trials and the weeks to follow.
    - History Lesson: Part 1
    - Walking away from "The Money" in Europe
    - Stay Grounded
- ▼  You've made it the Olympics....Now What!
  - ▼  Stay Focused on what you're there for
    - Staying after Opening Ceremonies
    - Training alone as usual
  - ▼  History Lesson: Part 2
    - ▼  Prelims
      - Be prepared the Auto Qualifier in the Prelims
      - Be Mentally Sharp
    - ▼  The Finals
      - Be prepared for anything
      - Have a good game plan!