

Preparing for USA Nationals and USA National Team Trials

Technical

- A. Use what works. Run with it!
- B. Minimize cues as the competition gets closer (4-5 weeks out).
 - 1. Coach should practice not over coaching at the big meets
 - 2. Help athlete self-correct

Physical

- A. 10-14 day window
- B. Special needs- special feelings
- C. Have a medical routine, just as you have a strength routine, pre-meet routine, etc.
- D. Less is more

Mental

- A. No meet is a "Big Meet"
 - 1. Athlete's ability to separate the season's previous performances (good and bad) from the national meet. These performances need to be addressed for better or worse.
- B. Normalcy—Minimize Distractions
 - 1. Family
 - 2. Friends
 - 3. Media
- C. Develop/Maintain Routine
 - 1. Coach can observe patterns in meet/practice performances
 - 2. Athlete gains confidence and rhythm
 - 3. No technical changes—run with it
- D. Added meet "Excitement"
 - 1. Learn how to use it to your advantage
 - 2. Proper Mental Prep
- E. Know the Process
 - 1. Warm up, Call times
 - 2. TV influence at the ring and beyond
 - 3. Officials—their big meet
 - 4. Implements
 - 5. Keep athlete informed
 - 6. Athlete must adapt and overcome

Cantwell Example

- A. (2) weeks media shut down
- B. Into Eugene late, out early
- C. Isolated
 - 1. Stayed in Missouri
- D. I scouted → he refined

Nelson Example

- A. Similar schedule to Cantwell
- B. Needed routine AND distractions
- C. Confidence vs overconfidence
- D. 08 vs 07 approach