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Mentally Strong and Different Athlete Types

A. Athlete Types

1. Bad Attitude/ Bad Athlete
 - Black Cancer – not easy to deal with, remove as soon as possible
 - Keep away from the squad
2. Good Kid/ Bad Athlete
 - Give them small goals, showing improvement – (over and unders)
 - Good for the team, these are great kids the team needs them
3. Head Case/ Good Practicer and Terrible Competitor
 - Tend to be high achieving kids, High Strung
 - A lot of time is devoted to down playing throwing, keeping things fun.
 - Make some practices very stressful, 3 throw limit if X doesn't happen
4. Bad Attitude/ Great Athlete
 - Red Cancer – Not great for the team but they help you
 - Push their buttons, find what motivates them and feed off that.
 - parents might be a big issue, friends, job
 - build their character!
5. Good Kid/ Great Athlete
 - Best kids to have, fun to work with and they help you
 - Keep them competitive in what ever they are doing, set goals for them daily
 - Keep them humble, nothing worse then a big EGO
 - Take them away from throwing at times, to much sometimes is a bad thing

B. Time Investment

1. You might be the only SMILE they see all day?
2. Throwing is about development and character building, most will only throw in High school
3. Parenting is about being MEAN and NICE all in the same day. RULES are a must

C. Mentally Strong Athletes

1. Always show up on the day
 - make most everything a competition, handicap your stud for fairness
 - overhead, underhand, standing long jump, left hand throw, shot discus throws
 - standing three jumps, weight room stuff, sprints, endurance stuff like 400s
2. To toughen some one up they need to win, this BUILDS confidence if they are confident They don't feel pressure. The fear of failure is the biggest hurdle to overcome, small victories Are key in being mentally strong. OWNERSHIP is the other big ingredient, if they are invested Then they know the time, the sweat, the blood, the tears they have put in.

