

Achieving Peak Performance in Practice and Competition: *Gender Differences*

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How do we achieve peak performance from an athlete?

What are the ingredients and where do those ingredients come from?

Peak Performance Formula

- ◉ KNOWLEDGE OF THE EVENT
 - > Certifications, clinics/symposiums, mentors
- ◉ EXPERIENCE
 - > Trial and error, past participation
- ◉ RESOURCES
 - > Staff, facilities, budget and creativity
- ◉ TRUST FROM THE ATHLETE
 - > Athlete's participation and commitment

Manipulating Your Schedule

- ◉ League Meets
- ◉ Dual Meets
- ◉ Early Meets
- ◉ Championships
- ◉ Conference Level
- ◉ Regional/Area Level
- ◉ State Level
- ◉ National Level

COMMUNICATION



Coaching Styles

- ◉ Positive Feedback
- ◉ Negative Feedback
- ◉ Sandwich Style
- ◉ Athlete Input
- ◉ “My Way or the Highway” Style
- ◉ “Excitement” Style - The Motivator

Desired Gender Power

- ◉ Mother Nature's Influential Power
 - > Natural urge to be excepted/approved of by the opposite or desired gender.
 - > Natural urge to be competitive with the same gender for acceptance or approval.
 - Remember: You are their coach NOT their competition!

What effect can this have on the athlete's motivation?

- ◉ Be careful: You could end up in a position where you want it more than the athlete.
 - > 5 minute conversation
 - Find out the goals
 - After college desires-job
 - Post collegiate event endeavors

MOTIVATION ORIGINATION

- Athlete
- Parents/family
- Society
- Boyfriend/girlfriend
- Financial
- Training Age
- THE COACH

Gender Stereotypes

⊙ Male Athletes

- > Mentally Tough
- > Achievement Driven
 - Wants more
- > Robotic

⊙ Female Athletes

- > Mentally Fragile
- > Socially Driven
 - Satisfied Easier
- > Emotional

**OMG...
SHE'S CRYING**



What do tears mean????



- PAIN
- EMBARRASSMENT
- HAPPINESS
- DEFEAT
- DISAPPOINTMENT
- ANGER
- FRUSTRATION
- EXCITEMENT

FINAL INGREDIENT: TRUST

- ◉ Answering the “Why’s”
- ◉ Knowing the athletes body language
 - > Knowing how to capitalize on the athlete’s subconscious mannerisms & movements
- ◉ Giving relevance to the athlete’s needs
 - > Is their mind with you??
- ◉ Reassurance throughout the process
 - > Expressing your faith in their progress

“If only you believed what I, as your coach, know about you as an athlete. You would be unstoppable!!”

~April Smith