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

Know Your Student-athletes

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

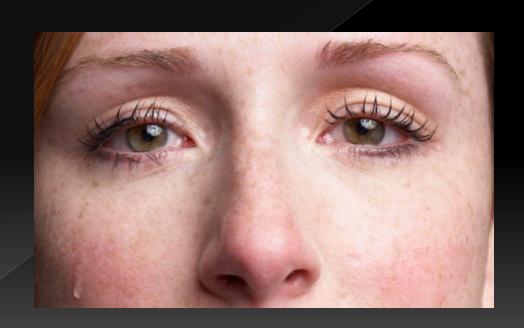
- Athlete
- Parents/family
- Society
- Boyfriend/girlfriend
- Financial
- Training Age
- THE COACH

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
- O 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