

10 Important Things to Be Successful In Sports

1 – GOAL SETTING

Sometimes we want to keep our goals to ourselves and other times we share them with teammates. Coaches need to be accepting to both decisions. Any goal that is accomplished, even if small, needs to be celebrated by your team and by the individual achieving it. Sometimes we use. Goals are the fuel in the furnace and to keep the flame lit we need to create SMART goals.

S.M.A.R.T Goals

S - Specific

M - Measureable

A - Attainable

R - Realistic

T - Timely



Specific – For a goal to be beyond general WHO,WHAT,WHERE,WHEN,WHICH and WHY.

Example – A general goal could be “to get in better shape.” A specific goal would be “join a health club this month to get in better shape by lifting and running daily for 30 minutes and lose 10-15 LBS.”

Measureable- To stay on track, you need to measure progress using concrete criteria. Once a goal is met and measured as such, you can simply redefine the goal or create a different one and then repeat the process.

Attainable- When you pick a goal that is attainable; you develop the attitude, abilities, skills and aptitude to achieve at a higher level. Each time goals are attained; you build confidence and then get the itch to attain more goals.

Realistic- For a goal to be realistic, the objective must be something you are both willing and capable to work towards. A goal that is believable to you is likely achievable and realistic. If goals are unrealistic, they will lose their attainability. There is a positive correlation between attaining and realistic.

Timely-You need to set specific timeframes for a goal – you cannot say “someday” or “in the future.” It needs to be more concrete.



2 – DON'T MISS PRACTICE

View practice time as your opportunity to improve and achieve your goals. Most coaches put loads of energy into planning and preparing workouts and for their job to be meaningful; athletes need to attend those practices to foster self-improvement.

Do not mistake activity for achievement. Many individuals go through the motions and see practice as a waste of time and another activity they are required to be at. If you link your SMART goals to practice then you will be an individual who wants to achieve something at practice. If you miss a practice or workout then you need to make it up and take the consequences.



3- MAKE EVERY DAY A "PMA" DAY

PMA stands for positive mental attitude. We all have problems that invade our daily lives and routines and when we are striving to achieve something at practice or competition. We need to leave our problems behind for a while and make the best of our practice time. After practice, pick back up where you left off and if possible get teammates involved to help you – chances are your problems may have been one of theirs as well so you can share and learn together. This is an example of leaning on your teammates.

Nobody is asking you to shake away your problems, simply put in full effort at practice and then you can tackle your problems with PMA.

"Your attitude will dictate how you feel about others, how you determine your priorities, your actions and your values. Your attitude determines how you interact with others and how you interact with yourself."

Carolyn Warner

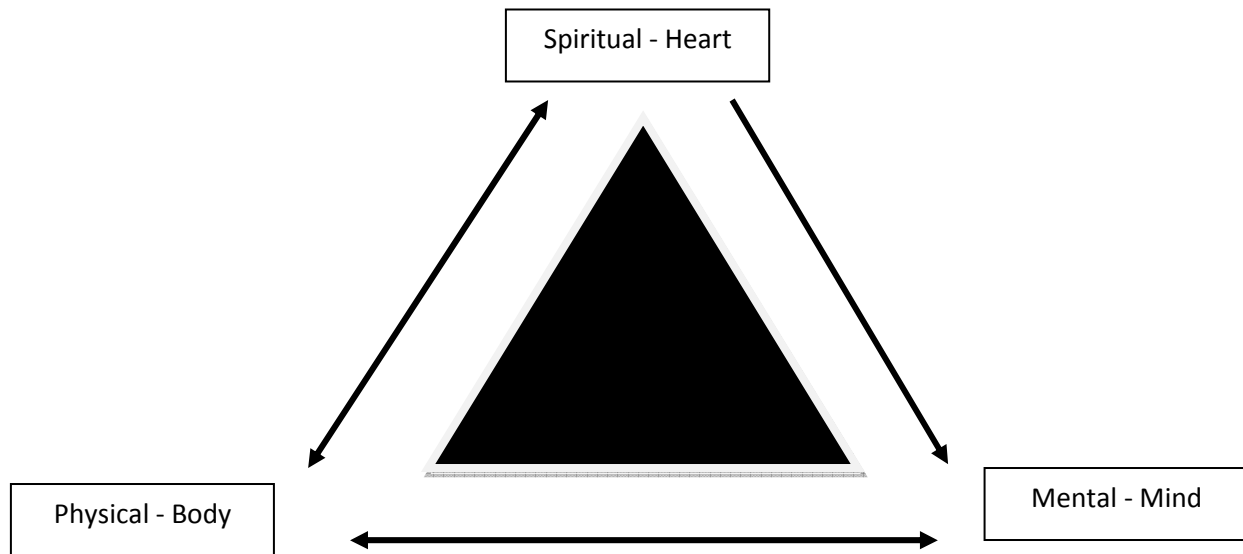


#4- BECOME A STUDENT OF SPORTS

Learn the history of sports and how important they are to others. This way, you will appreciate sports as a privilege not a right. Seek to learn about what other athletes your age have done in the sports you are most passionate about. Look at how they trained, what they did to win and how they developed PMA.

You should learn the terminology of sports you love the most and seek to learn something new every day that related to your love of something. We often refer to this as passion and desire. You must seek to in trench yourself in sports and they will in trench themselves in you.

It is also crucial that you understand that sports are like triangles – they involve three sides



The triangle of sports demands that these 3 aspects be in unison with one another. Athletes need to understand how mental, physical and spiritual aspects of sports can impact performance. We need to learn strategies to keep these areas in balance with the other factors in your life. The arrows pointing 2 directions signifies the following:

Physical & Mental connect to build SKILL

Spiritual & Mental connect to build CHARACTER

Spiritual & Physical connect to build SIGNIFICANCE

#5- BECOME A ROLE MODEL TEAMMATE

If we apply the golden rule to sports then we stand a better chance of becoming a good teammate. Here are some great tools to guide you in becoming a quality person and teammate:

- Get to know things about others on the team – chances are people are as curious about you as you are about them so run with that
- Be supportive even when you disagree with things about your teammates and the decisions they might make.
- Show respect to coaches, teachers, administrators and other students – they are your audience so give them a good showing of yourself.
- Seek out the younger athletes and give them the guidance they need to follow in your footsteps towards being model teammates. If you do this, you have succeeded.
- Push your teammates to a higher level of success and refuse to let them settle for below average effort.
- Have fun, but know when it is time to flip the switch to seriousness.
- Enjoy the moments you have with teammates.
- Walk a mile in one of your teammate's shoes and then you will feel better in your own shoes.



#6- INCREASE YOUR STRENGTH TO WEIGHT RATIO

There are 2 ways to make this happen – 1) maintain your weight and increase your strength OR 2) maintain your strength and lose weight. A simple way to test your physical strength is to see how many pull up's or push up's you can do in 2 minutes. As you spend time in the weight room doing productive workouts with purpose, you will increase strength and improve in the push up and pull up test.

You may not be able to control your height, your hand eye coordination or the fluctuation of weight; you can however control your strength. When you lift with purpose you will always make increases. When you worry about things you cannot control you not only waste time, you are spinning your wheels.



#7- DREAM BIG

You always have to see yourself as a “super star.” When you find a weakness in your sport, you need to think about what you can do to make that weakness diminish. To do this you must accept that weakness exists and even “super stars” have weaknesses. Are you doing everything you can do to dream big – eating good, working hard at practice, developing your character, getting stronger, helping your teammates. Big dreamers develop big accomplishments. You must imagine yourself turning your current reality into the one you are dreaming about.



#8- TRY TO UNDERSTAND MOTIVATION

There are different levels of motivation and we need to first understand that there are different reasons why we do the things we do. For sports to be truly meaningful they need to be done for the right reason. If they are not, we cannot dream big and achieve goals consistently. There are 5 levels of motivation as follows:

1) Intrinsic Motivation –

I do this activity for its own sake and because I want to. My previous successes have lead me to continue to do this activity.

2) Integrated Motivation –

I do this activity because it symbolizes who and what I am.

3) Identified Motivation –

I purposely do this activity because it it's a means to an end to what I value.

4) Introjected Motivation –

I do this activity because I feel tension inside me (guilt) that pressures me into doing it.

5) External Motivation –

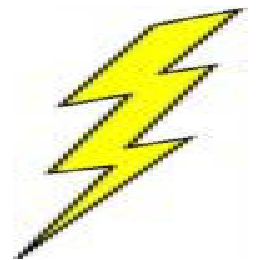
I do this behavior for pay or reward or because I am talked into doing it by somebody else.

You need to know what motivates you and then you can begin to lay the ground work for goal setting. If you are doing something for the wrong reasons, you will not have a positive mental attitude and others will begin to notice. You can change the motivation for doing things and something that starts out as introjected can turn into intrinsic.

#9- BE TOUGH ON YOURSELF

You will always have someone who is tough on you when you are involved in sports – coaches, parents and other teammates. The best critic on toughness is you. You are the one who has to look in the mirror and determine if you have all the tools in place. Coaches cannot look into your soul to see if the triangle of sport is balanced – only you can do that. They cannot always guess about what motivates you – only you know that. A couple questions to ask yourself –

- 1) Are you happy based on what you see in the mirror?
- 2) Are you giving your very best at practice and competition?
- 3) Do you truly have PMA every day?
- 4) Will you treat your body like a temple and be critical of what you eat every day?
- 5) Are you able to bounce back and be resilient when things look bad?



If you answered YES to the questions above, you are demonstrating toughness!

#10- LIVE FOR COMPETITION

The chance to compete is the opportunity to showcase all your abilities and attributes into an event that will let you see how much your hard work payed off. There is something amazing about competition – it brings out the PMA in all the athletes who are making the decision to compete that day.

It is crucial to enjoy your teammates, your competitors and the opportunity you have to compete. You should always have fun competing or it just loses its luster. Even when we lose there will always be another day to compete so we might as well learn from our losses so we can re-evaluate our goals. This is a chance for us to reflect on our goals and make improvements through critical thinking.

