

***Taking possible to the .....***



***What does the word coach mean ?***

It's a "thing" that provides carriage

Its takes a person from where they are to  
where they are capable of

# ***Leadership – Coaching: What do we do?***

- We change lives
- We have a vision and belief
- We are objective and expert
- We engage the skills and talents of others and we talk a common language
- We create and solve problems
- We have a commitment to learning and improving

What

Why

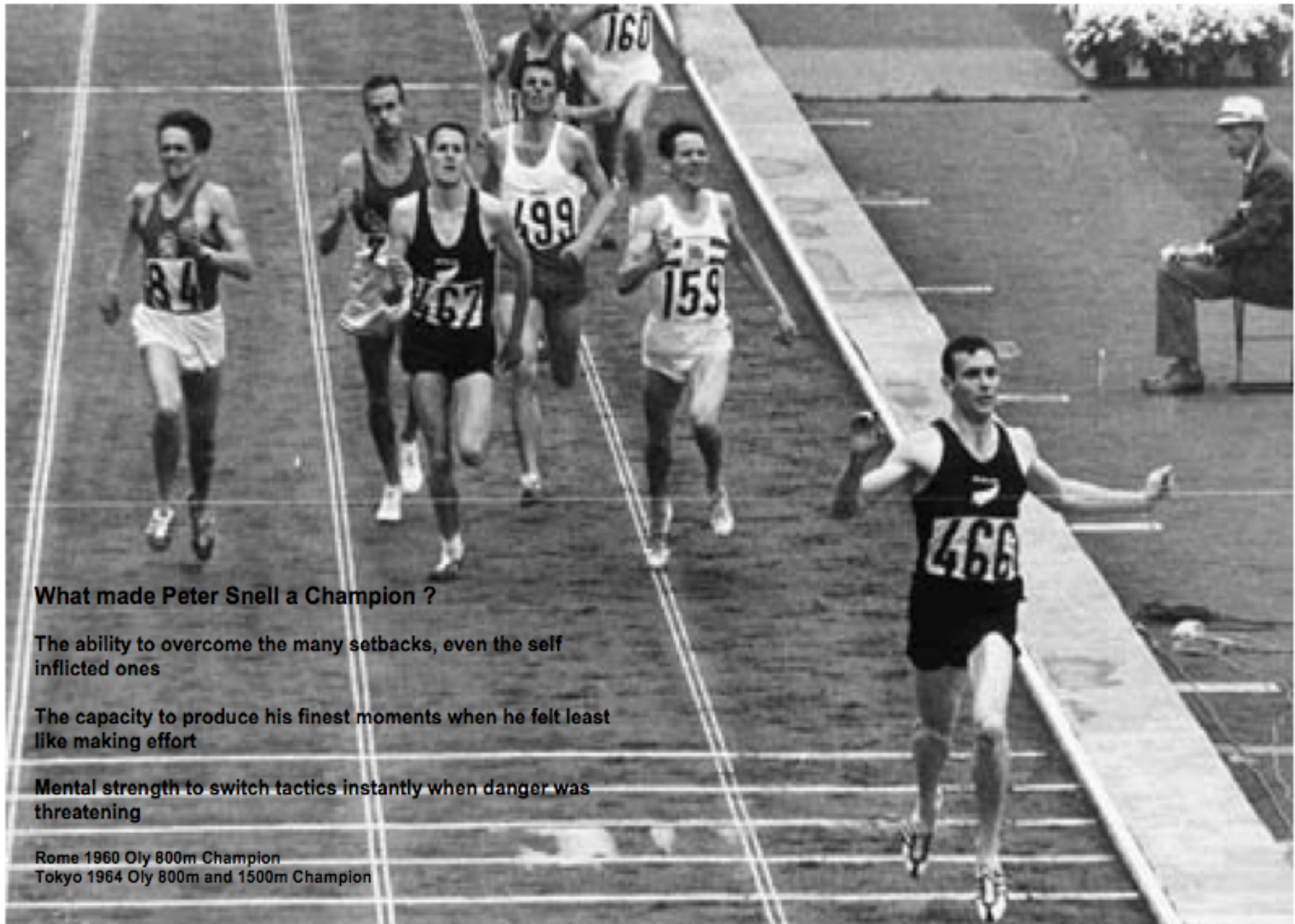
How

Why

How

What





### **What made Peter Snell a Champion ?**

The ability to overcome the many setbacks, even the self inflicted ones

The capacity to produce his finest moments when he felt least like making effort

Mental strength to switch tactics instantly when danger was threatening

Rome 1960 Oly 800m Champion  
Tokyo 1964 Oly 800m and 1500m Champion

*What do we expect from each other ?*

Persistent

Patient

Resilient

# *Trust*

1<sup>st</sup> you give .....then you get

Learn to take and share a few  
bumps – bruises and scars along  
the way

If its not you than who ?

If its not now than when ?



# *The “Spark Gap”*

Too close no spark

Not close no spark

*If you get too close you wont know who  
you are ....*

# ***“The Emotional Corridor”***

We are trusted to live in it and lead others under fatigue and stress

In training don't give yourself a  
second chance

Failure is learning

Get comfortable with the  
uncomfortable !!

“A comfort zone is a beautiful place, but nothing ever grows there.”

Feelings  
Thoughts  
Actions



- Triathlon Training is a discipline in itself, Triathlon competition at an Elite level is a mighty hard taskmaster.
- To make it you must have inner discipline. Athletes need to embrace the discipline of the training and the athletic preparation. Do this well and all the other things will come more easily

- "Discipline" on its own is not a word I like. "Discipline" on its own carries negative connotations - it sounds like something that someone else is imposing on you.
- Self Discipline is really what we are after - in this level of program and considering athletes ages and athletic background- it may be too late for imposed discipline?

# What is your culture ?

Stand for something

Set a tone and level of expectation which is  
higher than the athlete is used to

*Maintain – Acquire – Expect – Exemplify*

These are the critical things about setting your  
culture.....then you continue to lift the bar ...

# What is your greatest weapon ?

I believe you can achieve this  
I believe in you

Don't work with athletes unless you can do this – this is what gives athletes the belief they can succeed

Self Esteem vs Self Concept

Family and friends contribute but you are **objective and expert** ...  
So these are the most important contributions you can make

FYI ...

- *What are 3 crucial properties of a top coach for you?*
- *What 3 properties you expect of your athletes?*

- ***What are 3 crucial properties of a top coach for you?***

Encourage an athlete driven, coach supported environment

Adapts training to the individual athlete

Creates/encourages an elitist environment both in training and out.

Provides a high quality daily training performance environment

A realist

Doesn't provide athletes with all the answers but instead provides the materials and stimulation for the athlete to take control

Individualizes, while allowing the group to perform

Understands when to push the athlete and when to comfort them

Is available



100% dedication to being the best coach he can be and believing he can coach the athletes to be the best in the world. (believe in both their ability and his ability).

Curious and constantly trying to get better, understand physiology but also psychology.

Patient.

Teaches athletes to not need a coach, make own decisions.

Allows athletes to make own decisions and learn from decisions

Passion for winning

No compromise

*Communication, knowledge, professionalism*

HAVE PASSION OF WHAT HE DOES

UNDERSTAND DEEPLY THE DEMAND OF YOUR RACERS

GREAT UNDERSTANDING OF YOUR WEAKNESS AND STRENGTH SO YOU CAN MOVE FORWARD THRU YOUR CARE AND REAL YOUR REAL POTENTIAL.

Pushes all aspects of HP

Training hard is not just enough, a coach who makes sure you are ticking processes along the way

Is relentless in seeking performance

Ability to install confidence, even in ability that isn't there until its believed it is

Adaptability to different personalities and learning styles

Willing to develop – doesn't know everything but endeavors to one day

**Belief in his athletes ability**

**Commitment to the task**

**Open minded to new ideas, learning**

Straight down the line

Knowledgeable

Has confidence in his athletes

Understanding what works for each individual athlete

Prepared to take risks

Able to create trust and believe in them as a coach

# • *What 3 properties you expect of your athletes?*

- Honesty/ethics
- Hard work -prepared to give 100% towards the aim of the session in every session
- Desire to continue learning and improving
- That everything we do both in training and outside of training has a beneficial purpose
- Take the time and effort to clearly communicate everything from physical and mental health and training feedback
- Have an attitude that will benefit the daily training environment and make decisions that are only for your betterment as an athlete
- Commitment
- Good attitude/environment for others
- Being comfortable with the uncomfortable
- 100% dedication to the process, every damn day.
- Intent with everything we do
- Think for ourselves.
- Be responsible, accountable and good people in general.

- Be prompt, urgent (ie send files so next days sessions can be prescribed)
- Respect for fellow athletes/IST/coaches/public (no egos excepted)
- Show up to sessions prepared to get the most of yourself
- Communication
- Commitment
- Professionalism
- Put together on a racer environment what you have been practice day by day on training.
- Be open to make change in your life and get out of you comfortable zone
- Every single experience that you have on you belt , make it count so you don't make the same mistake twice.
- Live breath sleep World class level
- Show up everyday ready for anything

- Trust program
- Take ownership of our work – to learn the data, race requirements, equipment management. Follow Jamie's direction but with own knowledge of why and with purpose.
- Always have a focus external to triathlon to remove from triathlon thought. Eg university study, cooking, language
- Personal investment – to take our own time/money/effort to improve an area of our own development that may be unique to the individual but will add to daily training
- 100% commitment to the task
- Self dependent
- Self Discipline
- Professional
- Honesty
- Commitment to be the best you can be
- Able to adapt, change and find ways to improve
- Take ownership and control of certain aspects of being an athlete
- Focus on the processes rather than the outcome