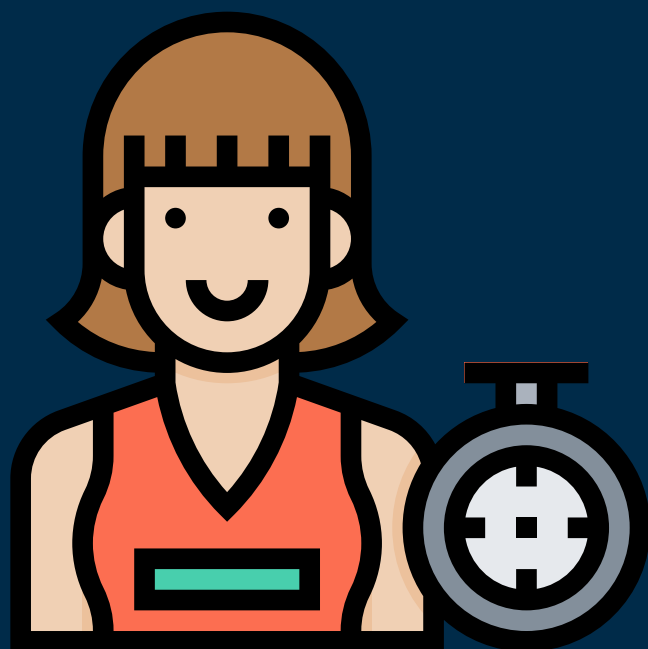


TIPS FOR THE EMERGING ATHLETE

Evidence-based tips for Athletes informed by the Talent levels of FTEM NSW



1 EXPERIENCE, EMBRACE AND ENJOY !

It's a long journey to becoming an elite level athlete - be pragmatic, pace yourself and be patient. Learn through mistakes within training and competition, Immerse and experience.

2 THE POWER OF SELF REGULATION

Develop and learn all of your self regulatory skills to hone your preparation, learn, embrace the moment in competition and perform, self reflect and problem solve. A powerful set of skills used by our finest athletes! The Gibbs Reflective cycle will assist you in your learning and progress through its prompting self reflection questions.



3 HAVE A PLAN

Take ownership of your Individual Performance Plan. Make sure everyone is on the same page regarding your SMART GOALS and aligned training/competition calendar, cumulative workloads and day to day monitoring. What's your next opportunity up the pathway?



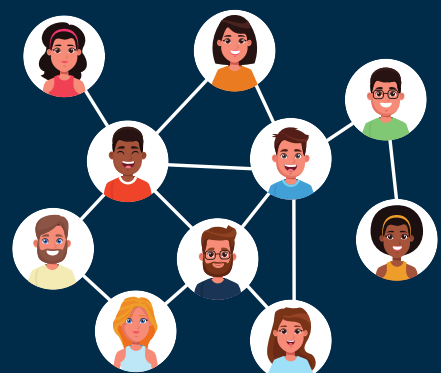
4 BALANCE, BALANCE, BALANCE !

Positive physical and mental wellbeing is key. Ensure you balance your sporting commitments with other activities you enjoy - such as playing another sport, enjoying music, doing a hobby or simply spending time with your family and friends. Learn relaxation and mindfulness techniques.



5 CALL ON YOUR SUPPORT TEAM

Communicate and call on others to assist you. Approach and embrace your mentors. Make sure you have someone to laugh with. Take regular time out of sport.





6

MANAGE YOUR DUAL CAREER

Seek support and guidance to assist you in balancing your school and vocational commitments with your sport demands. Good self-organisational and communication skills are key. Effective self regulatory skills used in your sport can transfer and assist you in school and with your job.



7

BE SPORTING SMART !

Have a strong knowledge base and put it into regular practice. Learn good nutritional habits and how to effectively rest and recover, sleep and travel and put it into your regular routine. Implement consistent strategies to reduce injury and illness. Learn about drugs and supplements in sport by enrolling in an accredited online course.



8

SMARTER PRACTICE

It's about the QUALITY of practice and not just the quantity. Train all your sporting skills together (e.g., anticipatory, decision making and technical skills) under competition-like conditions, and make them robust by embracing practice within different contexts, under fatigue and pressure. Having adaptable and versatile skills through ecological practice such as within realistic scenarios in your regular training is key ! Practice and extend your skill set through Active Play - another secret of our finest athletes !



9

MAINTAIN GOOD MOVEMENT FOUNDATIONS

Build on your physical and movement foundations with great overall range of movement, coordination, stability, balance and strength. Work on your overall fitness. Use technology such as a smart watch for instant feedback on your physical status and performance.



10

BUILD YOUR BRAND !

Be professional in what you do and your interactions with others. Always demonstrate great sportsmanship, integrity and gratitude. Build your personal brand. Give back to others.