

Post Competition Prescription for Improvement

Sughrue Sports Performance Consulting©

Client:

Philosophy

The best athletes in the world have poor performances mixed in with great ones. Their emotional disappointment is brief (less than a few hours usually). Winning Attitudes allow for athletes to sift through their latest experiences in competition, learn from them and then IMMEDIATELY shift their attention back to PROCESS. The greatest athletes in the world refuse to allow one event or one moment in an event to define them as a competitor or a person. In fact, poor performances are sources of learning, inspiration and motivation for the greatest athletes in the world.

“Every bump is a boost”---Tom Brady

Building a Prescription for Consistent Improvement and Success

1. What did I do well?
2. After assessing my performance(s) in detail, what strikes me as the most obvious thing I need to improve to get better results?
3. How will this event help me get better?
4. Also, what things do I need to change in my mental and physical processes to become more fit and better prepared to perform my best?

Notes