

Molleyball

Summer 2012 / Issue #10

Source

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London both
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CANADIAN NATIONALS
Nationals and World
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By Dr. NATASCHA WESCH

Getting over Olympic hangover... and building for the future



There's so much emphasis on making the Olympics, yet so few athletes get to live the dream. What about those who come up short? That has to be a huge letdown.

How do you deal with that disappointment, build for the future and hopefully the next Olympics in four years? Here's what Dr. Wesch says...

Looking back at your performance, especially when you underachieve relative to personal expectations, is difficult. However, if you look at it as objectively as possible and ask yourself a few simple questions, it's easier to learn from the experience and carry on.

High-performance athletes are very demanding of themselves, and have high personal expectations. This is what allows them to do great things, but it can also be what drives such athletes to never be satisfied with their accomplishments. They tend to overemphasize their failings while ignoring the positives.

Taking an accurate inventory of both the positives and the areas you need to improve on is critical to the continued pursuit of athletic dreams. You need to

take some time to reflect on what happened, what you must continue to do, and what must change. Below are a few questions for you to consider.

Think about your answers, then write them down:

1. What two things did I do really well in terms my preparation, training and performance leading up to the Olympics?
2. If I want to take another crack at the Olympics, how can I improve on the items identified above? Be specific and clear.
3. If I were to redo the past 3-4 years leading up to the Games, what one thing would I do differently and how? Again, be specific and clear.

By doing this, you objectively look at your performance and preparation, and give yourself an idea of what was needed and what you still need to do. This limits the unnecessary and negative talk, and stops you from beating yourself up for not succeeding. It allows you to focus on what you can do, what is within your control.

Once you've gone through the **inventory** process, the next step is to be clear with yourself in terms of what you are willing to sacrifice in the pursuit of your Olympic dream. Take a look at what is required of you from a physical, mental, emotional and financial perspective, and also what needs to be put on hold for another four years.

Create a list.

After identifying these areas, ask yourself what you are willing to do and what are the stumbling blocks. Be honest with yourself. Look again at what you are willing to do. Is that enough to get you to the Olympics (and potentially on the podium)?

Lastly, you should be doing all this for the pure love of your sport and its intrinsic rewards. There is still no guarantee of making it next time, but this will help put you on the right track.

Now GO!

(Dr. Wesch is a Mental Performance Consultant – and a Source regular – and can be reached at www.elitemind-performance.com)