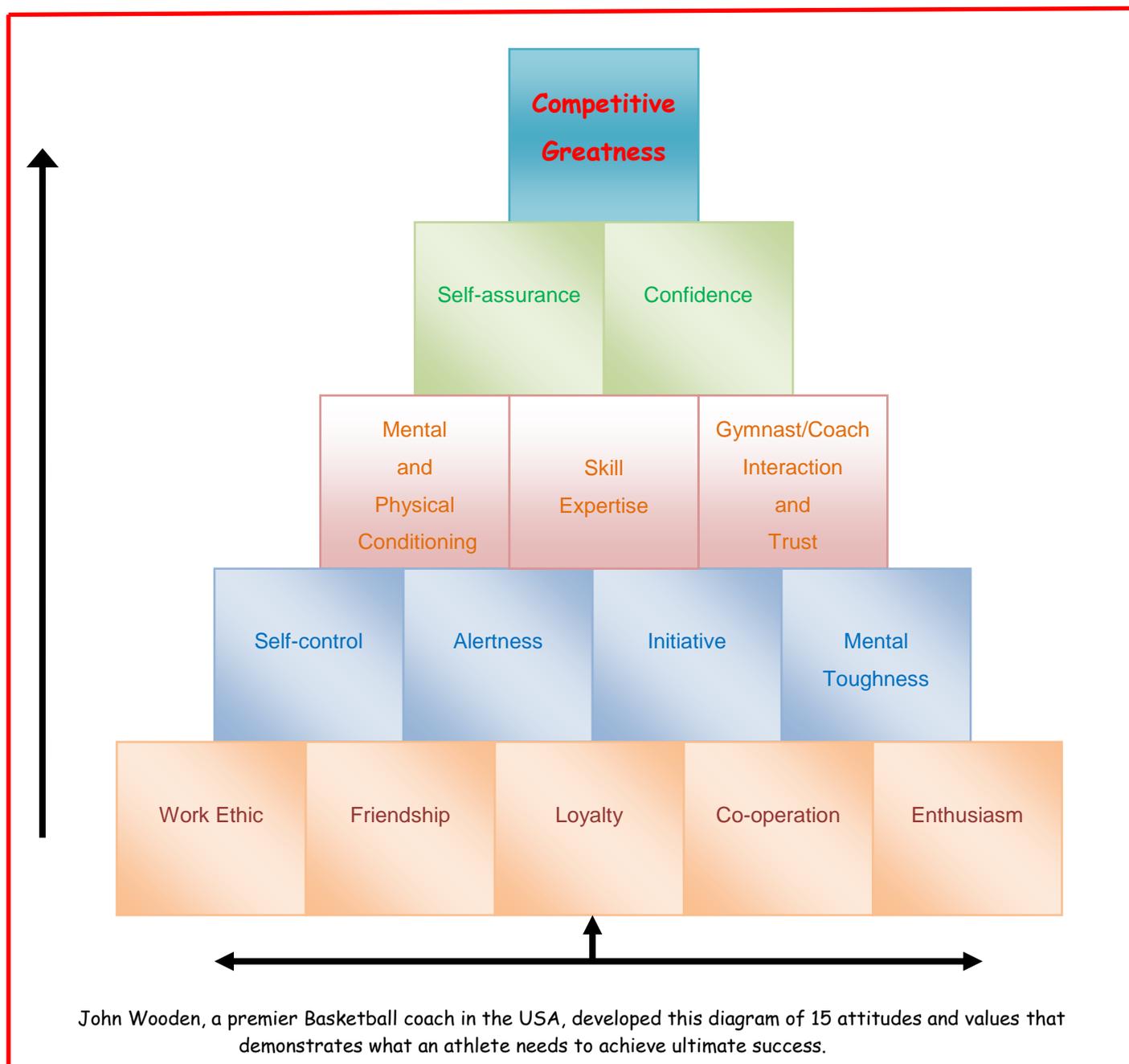


Building to Success



What is success?

Success is having the "peace of mind coming directly from the self-satisfaction in knowing you made every effort to do your utmost to become the very best that you are capable of becoming".

Each building block relates to the others in the row beside it and to the ones above it in the next row so they form a cohesive pyramid in building to being a successful competitor.

It works for both the individual and the team as a whole where the greater cohesion of group drives each individual to strive for the success of the whole team.

Work ethic consists of hard work and planning to reach a defined goal so necessary for positive performance behaviour.

Friendship and camaraderie within the group result from mutual esteem, respect and devotion. It is 'doing for others while they are doing it for you'.

Loyalty and thereby a lack of jealousy leads naturally to increased co-operation and cohesion within the training group and ultimately the Team.

Co-operation requires working well with others, learning from and teaching them while having a vested interest in what is good for you and the whole Team.

Enthusiasm is having a sincere, stimulating and contagious love for what you are doing and trying to achieve.

All building blocks are directly related to and reliant on all other building blocks around it.

Self-control is self-generated thoughts or actions that require self-discipline and good judgement based on your mental and physical performance.

Alertness is the ability to focus on the task at hand and by constantly observing and being eager to find opportunities to learn and to improve from what you are told or see.

Initiative is the ability to set goals that are inventive but still achievable and having the resourcefulness and creativity to ensure that those goals are achieved.

Mental toughness is having the resilience, the perseverance and the courage to make decisions and take action without the fear of failure.

The Pyramid of Success consists of hard work and planning to reach a goal, both of which are needed for positive performance behavior.

Mental and physical conditioning is essential so that you can rely on intuition to perform a skill and do not have to focus on the step-by-step process of each individual skill in a routine.

Skill expertise is the ability to quickly and properly 'execute the fundamentals' in exactly the same way every time you touch an apparatus.

Interaction and trust is a dynamic process which reflects the way the group works together and remains united in the pursuit of its objectives and to the satisfaction of the needs of each individual.

The Pyramid of Success is diagram of attitudes and values which demonstrate what is needed for an athlete can achieve competitive greatness.

Self-assurance is having the internal focus to perceive pressure as being adaptable in order to perform well no matter what the circumstances.

Confidence is having the composure to remain calm regardless of stressful circumstances, knowing that you have the skill, ability and training to compete successfully.

Luck just does not come into it !!