

Using your MIND to help you compete!



Having a beautiful body capable of doing great skills is **not** always sufficient to win a gymnastics competition.

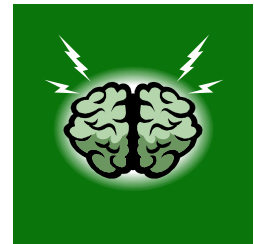
Gymnastics is as much a mental workout as a physical one.

Gymnastics requires mental training as well as physical training.

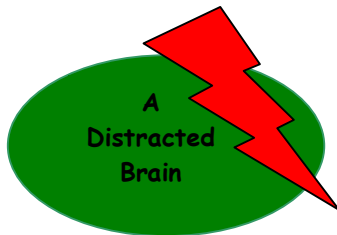
Your brain and your mind must be as conditioned as your body.

Your mind must also be disciplined, tough, tight and strong.

It must be focused and no other thoughts should be able to intrude.



You must only think the best. You must only work for the best. You must only expect the best - especially from YOURSELF.



is like trying to throw darts when you are blindfolded....

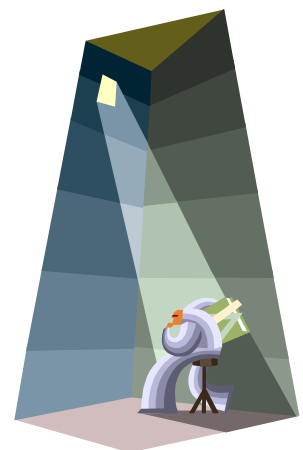


You must train your mind to be able to focus on the present moment, to be fully awake, alert and aware of **NOW** - of where you are **NOW** and what you are about to do **NOW**.

You can isolate yourself to help cut out all other thoughts:

- Sit by yourself when waiting to go onto the next apparatus; **or**
- Close your eyes while you wait and visualize your next routine; **or**
- Listen to some specific music on your iPod; **or**
- Find some other way that suits you and allows you to relax, focus and mentally prepare.

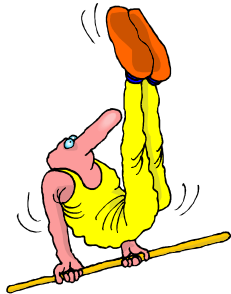
Do the same thing at every competition, whether it be at your Club, at another Club, at a State competition or at a National competition, so that the other members of your Team know what you are doing and why you are doing it. They will respect your efforts and may well follow your example.



MENTAL PREPARATION takes time and has to be learnt and rehearsed!

You can train yourself to go through a **mini preparation routine** that you go through exactly the same physical and mental things before you actually move out before the judges, for example:

- Prepare your competition uniform exactly the same way every time you compete; **or**
- Chalk up away from everyone else and without looking or talking to any one; **or**
- Acknowledge the signal from the Head Judge, wait for a few seconds, compose yourself then salute and move to the apparatus in exactly the same way every time.



Every time you perform, you put everything on the line.

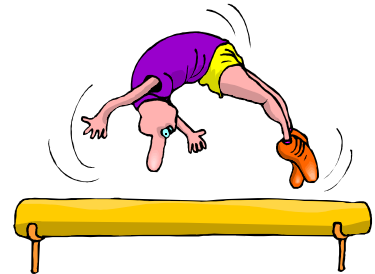
Don't forget - unfortunately there are times when you will fail or not achieve the goals that you have set.

Being angry, getting upset, bursting into tears or getting stressed about failing is **NOT THE ANSWER**.

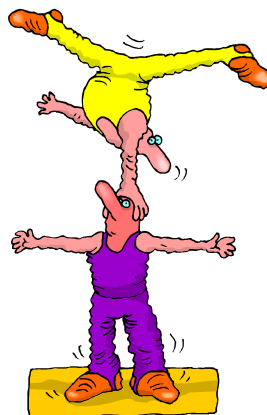
Use what happened and try to learn how to overcome both the physical and psychological obstacles that made you fail.

Treat yourself with understanding, respect and forgiveness - review the situation after the competition and fix the way you go about the situation next time.

**CAN YOU AFFORD NOT TO USE YOUR MIND IN
COMPETITION EVEN IF IT WILL ONLY GIVE YOU A .1
ADVANTAGE?
WHAT HAPPENS IF THAT ADVANTAGE IS EVEN GREATER?**



GOOD



LUCK

YOU SHOULDN'T NEED IT - JUST BELIEVE IN YOURSELF AND TRUST YOUR COACH!