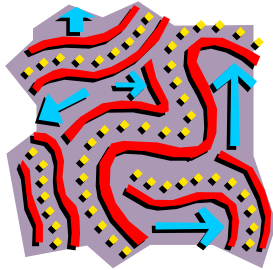


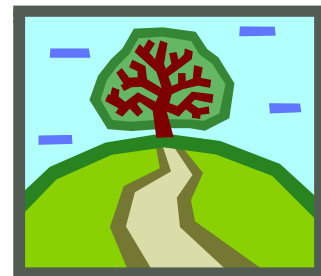
Going for Gold !!



Prepare the Way

The first rule of performance is to set clear goals. Once these are set, develop a plan, put in place foundations for success and mentally prepare to perform. You must learn to keep motivated and be self-disciplined. You must have learned how to "turn it on" to give your best performance when the "big day" arrives and then you must learn from your experiences on that day - from both your successes and mistakes.

Set clear goals. Clearly identify your goals, what **YOU** want to achieve and determine how to measure these successes. You should be able to visualise what you will feel like, see and hear when you achieve your goals. So, what are your goals and what are your measures of success? How will you feel, what will you see and what will you hear when you've achieved what you want to achieve? Check out: 'Setting Goals'.

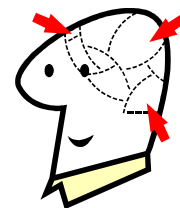


Have a plan. Achieving a gold-medal does not happen by chance. You must have a detailed road map they follow towards your goal. You must know what you have to do and when and you must know what resources are required to help you. A road map for your success will clearly identify how you will achieve you goals. See: 'Setting Goals' and 'Time Management'.

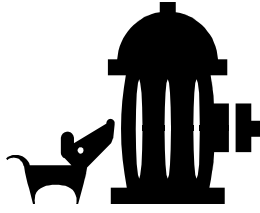


Put foundations into place. You must ensure that you have strong foundations to build on. This means that you must look after your physical, mental, emotional and spiritual well-being. You must look after and tune your body with healthy foods and balanced exercise - fortunately as a gymnast a normal healthy diet and a balanced training regime should be successful. You must manage your time and try to lessen the impact of any negative stresses by maintaining a balance between training, study/work and your free time. Read: 'Train Hard! Play Hard! Rest Hard!'

Prepare mentally to perform. You can improve your performance by mentally rehearsing individual, difficult skills or the whole routine from start to finish. You must make ensure that the mentally rehearsal of your routines achieves positive outcomes. In your mind's eye, you must see your performance. It must be real and it must be positive. Only rehearse your very best outcome. See: 'Visualisation' and 'Relaxation and Focussing Techniques'.



Mental preparation is just as important as physical preparation!



Motivation and Self-Discipline - You MUST KNOW WHY.

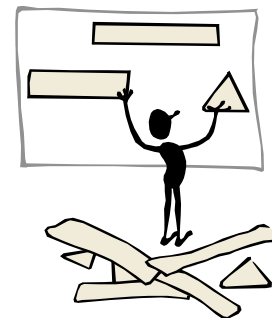
It will help you to keep motivated and disciplined if you know **WHY** you are pursuing a particular goal and what it will mean when you achieve it. You must be prepared to make compromises - to leave something until later when you can fit it in, to change your program for a short period to do something that has to be done or train when you would rather spend time with friends, etc. You will be able to do this more easily if you know exactly **WHY**. Continually remind yourself **WHY**: What are all your reasons why you are going after your goal? What benefits will you get from achieving it and what difference will it make to your life?



Competition Day

"Turn it on" for the best performance. So it's the big day? It is time to 'turn it on' for your very best performance. Make sure you are in that peak performance zone and just do what you have trained to do. Remain focussed - deal with your nerves, get rid of the distractions and remain 'in the zone'. See 'Focussing'.

Review and learn. It goes without saying that we all learn and grow from our experiences. The best athletes take this very seriously, and take time to review, reflect and plan for the next performance. You should identify what you want to repeat and what you need to change for the next time so that you can take your performance to even greater heights. Be prepared to talk to and listen to your coach. What will make you even better for the next time?



Going for Gold is worth it !!