

**Achieving Peak Performance
in Practice and Competition:**
Gender Differences

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**How do we achieve peak
performance from an athlete?**

What are the ingredients and
where do those ingredients
come from?

Peak Performance Formula

- KNOWLEDGE OF THE EVENT
 - > Certifications, clinics/symposiums, mentors
- EXPERIENCE
 - > Trial and error, past participation
- RESOURCES
 - > Staff, facilities, budget and creativity
- TRUST FROM THE ATHLETE
 - > Athlete's participation and commitment

COMMUNICATION

Coaching Styles

- Positive Feedback
- Negative Feedback
- Sandwich Style
- Athlete Input
- "My Way or the Highway" Style
- "Excitement" Style - The Motivator

Desired Gender Power

- Mother Nature's Influential Power
 - > Natural urge to be excepted/approved of by the opposite or desired gender.
 - > Natural urge to be competitive with the same gender for acceptance or approval.
 - Remember: You are their coach NOT their competition!

What effect can this have on the athlete's motivation?

- Be careful: You could end up in a position where you want it more than the athlete.
 - > 5 minute conversation
 - Find out the goals
 - After college desires-job
 - Post collegiate event endeavors

MOTIVATION ORIGINATION

- Athlete
- Parents/family
- Society
- Boyfriend/girlfriend
- Financial
- Training Age
- THE COACH

Gender Stereotypes

- | | |
|----------------------|--------------------|
| ● Male Athletes | ● Female Athletes |
| > Mentally Tough | > Mentally Fragile |
| > Achievement Driven | > Socially Driven |
| • Wants more | • Satisfied Easier |
| > Robotic | > Emotional |

OMG... SHE'S CRYING



What do tears mean????



- PAIN
- EMBARRASSMENT
- HAPPINESS
- DEFEAT
- DISAPPOINTMENT
- ANGER
- FRUSTRATION
- EXCITEMENT

FINAL INGREDIENT: **TRUST**

- Answering the "Why's"
- Knowing the athletes body language
 - > Knowing how to capitalize on the athlete's subconscious mannerisms & movements
- Giving relevance to the athlete's needs
 - > Is their mind with you??
- Reassurance throughout the process
 - > Expressing your faith in their progress

***“If only you believed
what I, as your coach,
know about you as an
athlete. You would be
unstoppable!!”***

~April Smith