

Coach Planning

(Notes from the forum with Dave Slyfield and Chris Bullen)

EXAM		Paralympics
IQ		Talent
+		+
Study	Amount & quality	Preparation
=		=
Result		Result
STUDY PLAN		PERFORMANCE PLAN

Resulting discussion points:

- Wanting to learn
- Openness
- Honesty
- Self belief
- Bullet proof NOT silver bullet (many solutions not one to get performance)
- Self belief
- Willingness to be scrutinised by Gold Medalists
- Critical thinking
- Ability to deflect the unimportant and keep what is necessary
- Clarity of roles of coach / athlete / support team etc

Athletes Ownership means:

- Self responsibility
- No blame

Setting Goals

Developing process

Bus timetable – all involved in the programme knows what is going on

Supporting team members

Tracking

Tracking is very important with the emerging athletes

Yes – it really does take 10 years to win Olympic Medals

eg Sarah Ulmer 12 years

Rob Wardell 10 years

Evers-Swindells 10 years

What is the average number of years for a Paralympic athlete to win a medal at the Paralympics?