

## Four Psychological Strategies for Sport Improvement

### I. Four Response Stages to Competition

T - A - C - C

Tank -

Anger -

Choke -

Challenge -

### II. Competitive Balance

Competitive Fight vs Emotional Control

### III. The 3 R's Plan for Maximizing Performance During Competition

Respond Stage -

Ready Stage -

Release Stage -

### IV. Simple Formula for Achieving Personal Excellence

$$E = M * C^2$$

$$\text{Excellence} = \text{Motivation} * \text{Confidence}^2$$