

## *What are the 5 Contributing Areas to building the Complete Runner?*

1. Physical Components
2. Mental Components
3. Stress Management
4. Heart/GRIT
5. Exposure

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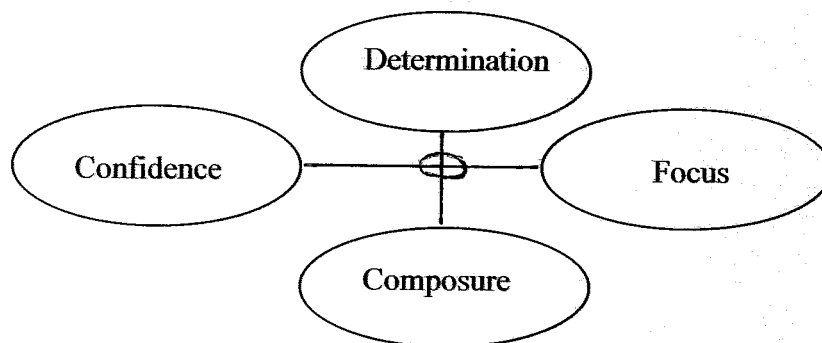
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## *Maximizing Mental Contributions to Performance*

What do you want from your athletes/yourself? \_\_\_\_\_ (MT)

What does this look like?



**Goal:** OAS (Optimal Arousal State) or Balanced Arousal State

How do you get there? What can we teach/inspire in our athletes that will help them to reach maximal mental recruitment? \_\_\_\_\_

**1. Become goal centered. Assist and Promote goal setting that empowers.**

(Notes)

*“While we all want to be the best, that goal is based on conditions. Yet we can all be our best. Are you willing to do what it takes to be your best, understanding that that sacrifice may not yield #1 status?”*

**2. Teach and Practice Composure Skills -- Relaxation**

(Notes)

**3. Imagery/Visualization**

(Notes)

**4. Journaling (or at least some form of reflection, some form of quiet assessment)**

(Notes)

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## ***Managing Stress (Hopefully Reducing Stress)***

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### ***Heart/GRIT***

GRIT can be Instilled/Practiced -- Principle of Adaptation

Heart often is what the athlete brings with them before any of your influence, yet CULTURE may bring out something unpredictable.

#### **Challenge for your athletes/teams**

#### **Four Questions**

1. From where does your desire to succeed stem?
2. Why have you chosen to put yourself “in the game”?
3. How much sacrifice are you willing to endure?
4. Just how hungry/thirsty are you? (Aaron Ralston)

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### ***Exposure***

- A. Actual Participation
- B. Witnessing/Watching      *Capacity to be Motivated*

**Is this currently part of your culture?**

# ***Bozeman Cross Country***

**Striving to hold fast to a firm foundation.  
Adaptable to change that can help us become better.**

## **1. Basic Core Values**

“Better Than Acceptable” - speaking mainly to an athletes character

Commitment

Consistency

Passion

## **2. Flexibility**

From year to year, from team to team. Personality, aspirations.

## **3. Involvement**

Families, BRC, community. Are we including others in a way that we build a sense of family, support, belonging?

## **4. Principle of Progression**

Levels of Training

Season; whether 10 week program, or 25 week program

## **5. Principle of “2, Maybe 3”**

Intentional, sometimes GRIT-type, workouts

Very easy, massage pace runs

Supplemental work -- core, hips, flexibility, etc....

## **6. Valuing the “Other 22 hours”**

## **7. Summer**

Camp #1

Camp #2

Summer Program(s)

## *Defining "Mental Toughness"*

*Mental toughness is having the natural or developed psychological edge that enables you to:*

- \*Generally, cope better than your opponents with the many demands (games, training, lifestyle) that sport places on a performer*
- \*Specifically, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure (Jones, et al, 2002)*

## *Attributes of Mental Toughness*

- Self-belief
  - \*belief in ability to achieve goals
  - \*belief you are different to opponents
- Motivation (desire/determination)
- Intrinsic motivation and using adversity as a source of determination
- Accepts competition anxiety, but has plan on how to deal with it
- Can maintain focus... ability to "balance"
- Maintains technique/effort in face of fatigue/pain

# CHARACTERISTICS of THE GREAT ONES

They play forward-

They have heart-

Unquenchable work ethic

Have pride in what they do (intrinsic motivation)

Hate to lose versus want to win-

Have fear of failure-

No fear of success-

Have a killer instinct-

Resilient-

Primarily kinesthetic learners-

Know how to conserve energy-

They practice self rewards-

They believe that confidence starts with the physical (10% rule)-

Never really satisfied-

Look at pressure as a challenge instead of a threat-