

USER GUIDE TO MY PERFORMANCE DIARY

With the Performance Diary you have received, the Singapore Sports Institute Performance Services Department would like to introduce to you some tools to help you achieve sporting excellence.

The SSI Performance Psychology Unit has put together a basic User Guide, to kick start your high performance experience!

CONTACT PAGE

We understand that being accessible is the first step towards achieving your sporting goals. Look through the contact pages to reach out to the specific sports scientists attending to your sport from the performance services team, should you need any assistance.

MY APPOINTMENT DIARY

Use this card to keep track of your appointments with your physiotherapist, nutritionist, psychologist or doctor. In this way, you will never forget!

MY TRAINING DIARY

Every training counts and reflecting on each training will help you maintain your focus and understand what you can improve upon. Use this worksheet after every training session. Reflect on the training session and also monitor your mood and sleep. By noting these down, you will be able to better understand the factors that help you perform at your very best.

MY COMPETITION DIARY

By recording your competition results, you are able to recognize your successes and identify areas which need improvement. Besides recording the details of the competition and the results, also rate your performance. This will help you to actively review your performance and encourage you to work on them. Also, when you are feeling unmotivated, take a look at your past successes and recount how you felt. This will give you that extra boost!

PERFORMANCE PSYCHOLOGY

The SSI Performance Psychology has included some useful worksheets on important mental skills. Here is a little how-to-use guide for each section:-

GOAL-SETTING

Understand what your performance goals are;

For example, in 2011, your outcome goal could be to win the upcoming National Championships. You could also set process goals, such as increasing your training intensity by 10% or undergoing proper rehabilitation from injuries throughout the season.

What are the important factors that can contribute to your performance goals? Explore these factors and separate them into Mental, Physical, Tactical and Technical categories. For example, to win the National Championship, you might need to work on fine-tuning your pre-performance routines and this would be an element under the mental quadrant.

Explore the different factors that are critical to your success e.g. Injury Prevention or Competition experience. Then rate these factors 1 to 10 according to where you are currently and where you would like to be ideally. Prioritize your list in High, Medium and Low to understand what to focus on in the event the factors conflict. Finally, determine the process goals that you can work on, in order to make sure that these critical factors are attended to.

After the season, review these critical factors and your commitment to the process goals.

AROUSAL MODULATION

The worksheets help you explore your optimal arousal level to help you perform in the zone. Reflect and answer the questions in this section to give you a better idea how you tend to react when you have good and bad nerves. By being aware of this, you are able to apply the techniques to manage your arousal level better.

IMAGERY

If you can see it, you can reach it. Imagery is a commonly practiced exercise by elite athletes to help them reach their goals. In this section, you will be asked to create your own imagery script that you can use to practice to prepare for a competition.

- Create an outline of the situation – Create specific situation that happens during a competition.
- Add details – Recognise the competition environment? Do you feel the equipment in your hand? Be as detailed as possible.
- Describe the situation using your FIVE senses – What do you see, smell, feel, hear, touch and taste?
- Describe your self-talk – When you are in this specific situation, what do you say to yourself and why do you say it?
- Describe the positive outcome – What happens next? See yourself scoring, hitting the target or finishing ahead of your competitors. See the positive outcome to achieve it!

POSITIVE SELF-TALK

In this section, you will be asked to explore the self-talk could help you in the important situations. Write down your sporting affirmations (e.g. I can do it, I am the best!) and practice it during trainings so that it becomes natural. Your body responds to your mind so use the table to be aware of your thoughts and change the ones that may seem ineffective and negative.

PERFORMANCE ROUTINES

Being more aware of your actions and thoughts can help you understand the results of your performances better. By writing down you pre-performance routines in the tables provided in the worksheet, you will be able to determine exactly how you prepare. Add in 'triggers' or things you tell yourself or do, to help you prepare for an event better.

INJURY MANAGEMENT

Injuries are a common part of an athlete's life. This section shares some pointers on how you can manage your injuries better. You can also use the Injury Record sheet to keep track of your injury rehabilitation process. You can have your psychologist look at this as well when discussing your injury and performance. You can also work with your psychologists, physiotherapists or any other specialists to help determine you treatment goals.

INSPIRATIONAL MOMENTS

Every athlete will have a sporting event that he or she will be proud of. What is yours? It could be how you picked yourself up after a devastating loss or how you overcame fatigue to do your best. Write these down and refer back to this when you start feeling tired or unmotivated. Also explore quotes from your favourite athletes to inspire you!

STRENGTH & CONDITIONING(S & C)

Work with your strength and conditioning coach to track your improvements across a 6-week period.

NUTRITION

Nutrition is an important contributing factor to an athlete's performance. Work with your nutritionist to understand what would be best for you. Use the 5-Day Food Diary to record and understand your dietary habits better. Also, reprint these Food Diary worksheets to be able to use them at different junctures throughout the competitive year. There is also nutritional information available for you to refer to should you be travelling, training or recovering from an injury.