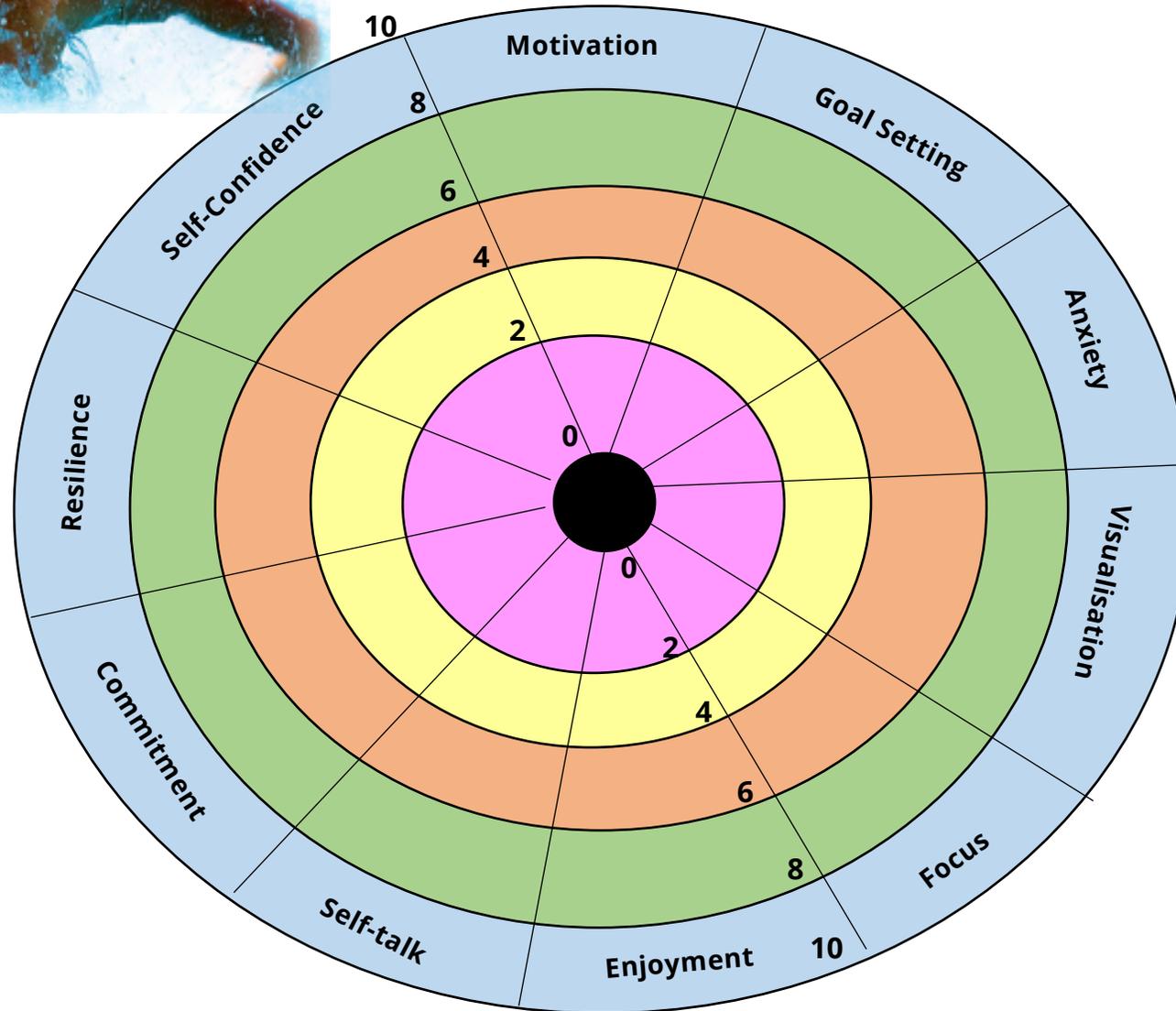




Performance Profile Wheel



In the performance wheel are 10 characteristics of a top swimmer.

Score yourself on a scale of 0-10 (0 = couldn't be worse; 10 = couldn't be better) on each of the characteristics to highlight your perceived strengths and weaknesses.

Select 3 of your weaknesses and look at the attached resources on ways you could improve.

- **Motivation:** Motivation is the willingness to behave in a certain way. For example, ask yourself *“how willing are you to turn up to training?”* or *“how willing are you to do whatever it takes to succeed?”*
- **Goal Setting:** Goal setting is setting yourself a specific target to reach such as swimming a personal best time or even just telling yourself to have more fun at swimming.
- **Anxiety:** Anxiety is when you feel emotions such as nerves, worry, upset, confused or jittery, etc. You may also feel physical things such as sweaty palms, butterflies or an increased heart rate. For example, think back to how you have felt before a competition and ask yourself, how anxious did you feel?
- **Visualisation:** Visualisation is when you mentally rehearse a routine or skill in your head. For example, rehearsing your swim stroke in your mind.
- **Focus:** Focus refers to what you chose to pay attention to and what you chose to ignore. For example, are you able to block out irrelevant noises, people or objects etc. when competing in order to remain on task?
- **Enjoyment:** Enjoyment is a positive emotion which comes from a pleasurable experience. For example, ask yourself, *“do you have fun when you swim?”*
- **Self-talk:** Self-talk is a mental skill where you the athlete talk to yourself either out loud or in your head. These can be phrases such as *“You can do this”* or *“Keep going”*. These phrases/words should usually be motivational.
- **Commitment:** Commitment is how dedicated an individual is to a given task. For example, ask yourself, *“do you still make the effort to go to training even when you feel you have had a long and tiring day?”*
- **Resilience:** Resilience is the ability to bounce back after a negative event. For example, finding enjoyment in swimming again after experiencing an injury.
- **Self-Confidence:** Self-confidence is the belief you have in your own ability to achieve success. For example, how much do you believe you can do well in your swimming competition?