

Commitment Meets Mindset

A few years back I wrote to the national squads I was coaching to prompt them about elevating their mindset. In 2018, on reflection, I have no reason to adjust the general thrust of what I said then and say now and here is part of what I shared with these international players.

Mindset...passion, joy

Don't be surprised to find that heart beating louder, clearer, stronger now as the passion to excel takes form. The joy of firstly being recognized as exceptional (that is what national squad selection acknowledges), the passion that bubbles is rewarded internally.

Hey, no different for me as coach.

To be proud to have that innate passion, to strive, to excel, to simply lust for the joy of doing or performing, coaching in my case and bowling in yours.

Foster the passion and revel in the joy as you / we journey toward that ultimate sense of exhilaration, winning internationally on the WORLD stage.

I see us / you on this stage as being the performers pursuing excellence, discovering more about yourself having strode another platform level of performance, stretching your limits.

If not, relook at yourself.

In my sporting lifetime, which has been my career coincidentally and delightfully, the best athletes seem to be real good at setting, then adhering to their own path. Generally, those I have met anyway, they are spot on when it comes to self-directed learning. Hence, why I say one role of mine is to assist you to be your own self-coach.

And also to ensure you never stop enjoying that self discovery.

Mindset...intensity

This squad should live up to the phrase, "a commitment to excellence".

I want each ONE of you to see the need for this second mindset to accompany the first mindset mentioned above.

I want a level of commitment, within reason of a balanced life, that reflects an incredible intensity in the limited periods you train and compete to take to the world stage every time.

And that intensity shall be visible, audible, read and FELT, at training and events.

And remember, it joins with joy and passion; never leave that other mindset out of your program. At times the passion and intensity should literally leap off the page as I read and share and contribute hopefully in your journey.

Commitment meets mindset
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So when you train you are there for a purpose, a mini-goal you set and met and achieve. Thus you will be truly focused for the brief period of time that training takes in a given day, week, month. My other recollection of the very best sport performers was:

- a) Gee they could accept and discern criticism.
- b) They tried things, took risks in training sessions to apply in events knowing there was a chance to falter, lose or be restricted.
- c) Seemed quite able to maintain composure to do the task required – essentially they were cool cats.

Lachlan Tighe, 2018.