



# **Autumn Reflect**

## **Reflection**

**Dr Frank Dick OBE**

- Review 04-08
- Preview 08-12
- Plan 08-12

# Review

- Performances and Results
- Plan and Strategy
- Coach and Coaching

# Preview

- Winning 10 – Vancouver
- Winning 12 - London

# Building Competitive Performance

1. Learn and persistently practice quality of technical game
2. Develop fitness to be technically effective
3. Develop maximum speed without compromising technical effectiveness

4. Develop optimal cruising pace
5. Rehearse extremes and change of pace
6. Read game and respond faster and more effectively than the opposition



7. *Win and win again.....and again*

# Plan back from 10

- Mental, physical, emotional  
TOUGHNESS  
in training and competition and life
- Hardest season  
seek out mountains

# Plan back from 10

4. Develop optimal cruising pace
5. Rehearse extremes and change of pace
6. Read game and respond faster and more effectively than the opposition

‘If you can force your heart and nerve and sinew  
To serve your turn long after they are gone  
And so hold on when there is nothing in you  
Except the will which says to them ‘hold on’

Rudyard Kipling

- 
- The background of the slide features a pattern of stylized autumn leaves in various shades of orange and brown, set against a darker orange gradient background. The leaves are scattered across the frame, with some showing detailed vein structures.
- If you can fill the unforgiving minute with sixty seconds' worth of distance run.

# Plan Back from 12

- 4 years to make the medal happen

- 60% 24-28 (20-24)

You

know them

- 85% 22-30 (18-26)

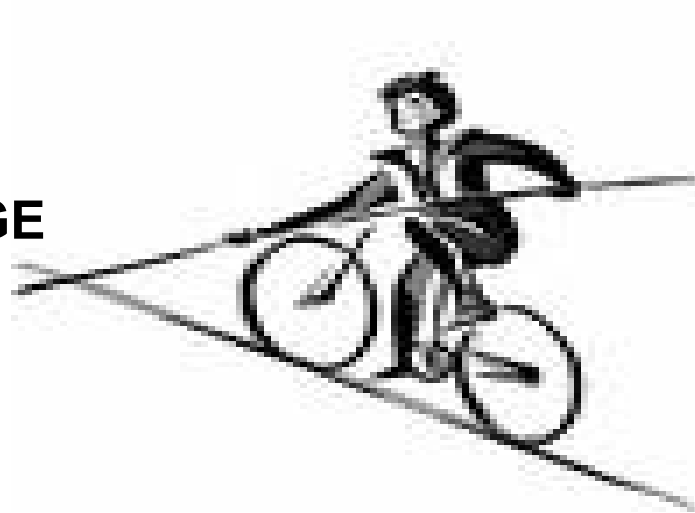
now !

# Plan back from 12

1. Learn and persistently practice quality of technical game
2. Develop fitness to be technically effective
3. Develop maximum speed without compromising technical effectiveness



**CHALLENGE**



**SUPPORT**



Manage

The Dynamic Essential

Tensions

- Join up dots
- Align vision and values
- Manage relationships

# 1. Elite Performance Coaching

- Meticulous Planning
- Practical Delivery Excellence
- Continuous Monitoring
- Performer Support Leadership/Management
- Personal Wellbeing/Life Management

## 2. Coach Education

- 5 Competencies
  - Technical
  - Coaching
  - Synthesis
  - Leadership
  - Eye

# Coach Education ...cont..

- For athlete journey
- For elite performance
  - study the coaches
  - study the process
  - why decisions are made
  - how decisions are made

# 3. LEAD Journey

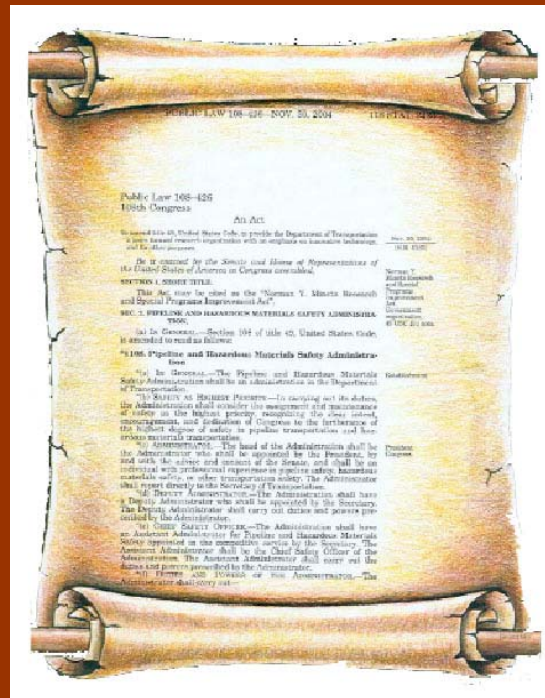
- Selections (aptitude/talent/genius)
- Manage/monitor journey
- Know and prepare the journey folk
- Relay/transfer
- Motivational climate

# 4. Performance Science/Medicine

- Understand inputs
- Select best team for inputs
- Lead the team (conductor)



# 5. Coaches Charter



# Knowledge

The Coach has:

A right to an accessible and coordinated program of coach education.

A responsibility to actively pursue continuous personal and professional coach development and to maintain a level of education compatible with effectively addressing their athletes' needs.

# Qualification

The Coach has:

A right to an accredited system of coach certification.

A responsibility to achieve and maintain that level of certification consistent with their coaching role and professional status.

# Agreement

The Coach has:

A right to a formal contract with athlete or Club or Federation.

A responsibility to meet all aspects of their coaching role as set out in that contract.

# Compensation

The Coach has:

A right to economic or other consideration for services rendered.

A responsibility to effectively apply best endeavours to meet agreed performance and development objectives, ensuring highest standards of product and service offering.

# Conditions

The Coach has:

A right to a working environment supportive of coaching and coaches.

A responsibility to contribute to enriching the coaching culture of sport and nation; and to further the profession of coaching.

# Representation

The Coach has:

A right to belong to a professional association.

A responsibility to operate at all times within relevant employment law and the IAAF code of ethics for coaches.

# Ethical Relationships

The Coach has:

The right to be treated fairly and honestly

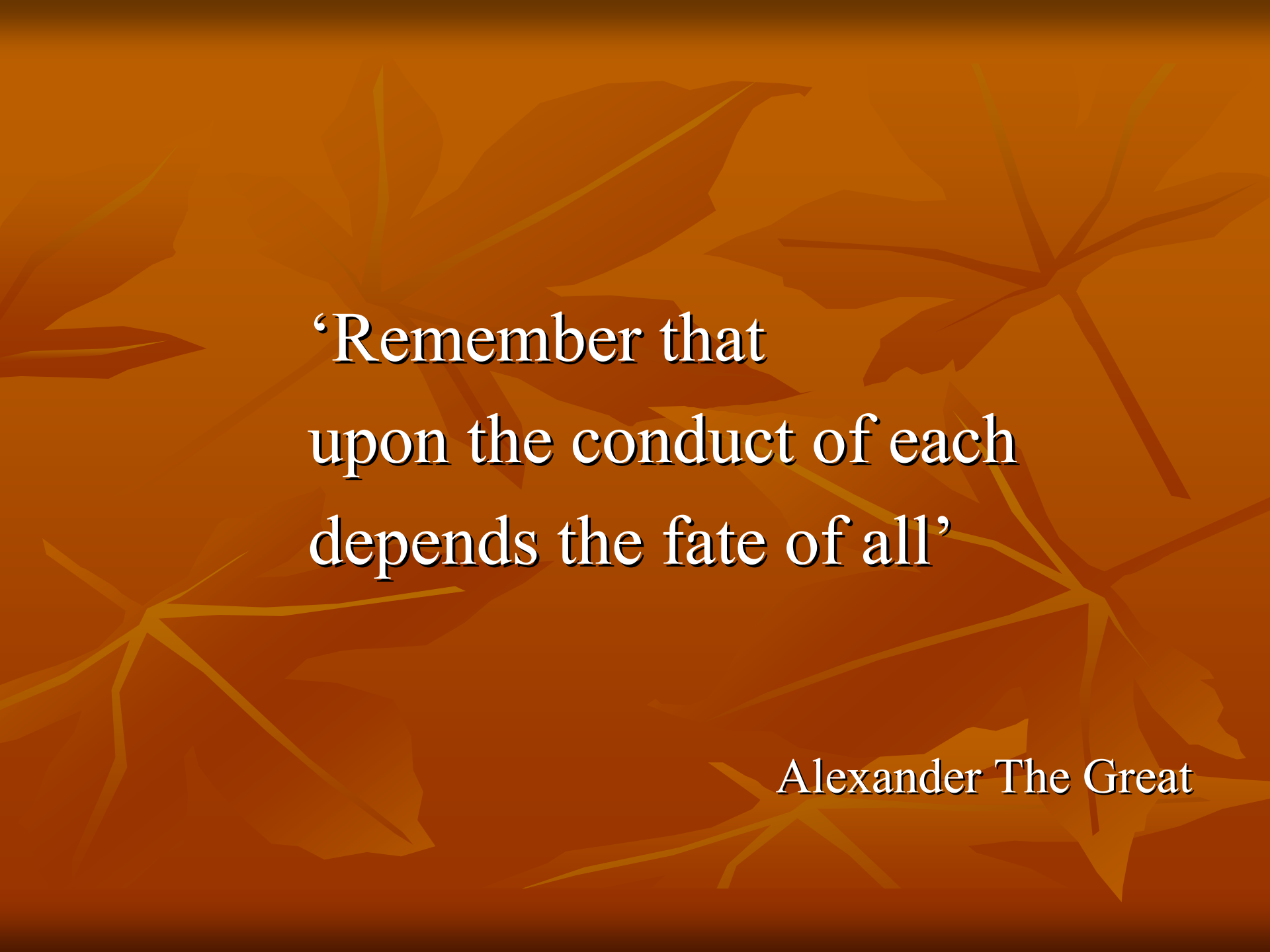
A responsibility to treat athletes, coaches and officials with respect and integrity

# Voice

Coaches have:

A right to a voice in the decision-making body of their National Federation, Area Association or International Federation

A responsibility to ensure that the collective view on issues critical to coaches, coaching and the sport is competently represented in the forum of the sport's relevant Federation, Area or International decision-making body. Such view will reflect a balance between the interest of the athlete, the interest of the sport and the rights and responsibilities of the coach and coaching as enshrined in this charter.



‘Remember that  
upon the conduct of each  
depends the fate of all’

Alexander The Great



**Dr Frank Dick OBE**