

After you perform Always EVALUATE .. never JUDGE



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Performance progression is easy to accept .. **but**, what about when you do a professional performance that does not yield a “pb”, or, a result less than what you planned (hoped) for?

How do you respond?

YOU know how the performance felt .. others may be well placed to comment on how it looked .. gather feedback / consider opinions

Keep in Mind

There is no such thing as a poor performance **if** you have done your best after all .. ***you can never be better than your best.***

Best must be taken in context .. the circumstances / environment in which the performance was delivered.

It is natural and acceptable for a short period (a few minutes) of negative reaction to follow any less than satisfactory performance, but:

- **Analysis and Evaluation** in consultation with your coach should follow.

Completely inappropriate and lacking in maturity are responses like:

- “*That was a crap effort*” .. if you did your best in the circumstances, “crap” can never be correct.

Look for / listen to positives; don’t just judge yourself too harshly ..
Seek feedback from colleagues

Remember .. you can never change a past performance .. so why agonise over a lost opportunity?

However ... you can **learn** from that (every) performance
It’s “*pick yourself up, dust yourself off, and start all over again*”.

Only athletes destined to improve learn from their mistakes; they display maturity of the mind.

We learn from mistakes and from taking on challenges beyond our present capacities;

e.g. Roger Federer would learn nothing from playing me (perhaps a few laughs), but, there is much I could learn.

We can learn more from our “mistakes” than from success ...

- if, we **self-evaluate** rather than judge;
- if, we want to learn rather than indulge in self-pity.

Try to learn **one** thing from every experience ...

learning is cumulative; as you learn, you will progress.



The Mirror Test

All that matters is that you can look in your mirror and

HONESTLY

tell the person you see there ..

you’ve done your best

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A former student of mine, a distinguished AFL player, speaking at our School Presentation Night, related how after every game, within 2 hours, he sat down for 10 minutes and noted everything he considered he did well and everything he could improve upon ... then, in the weeks ahead he tried to implement strategies in his training that would help him elevate “his best” ... good advice to young persons in all walks of life.

- **Look for positives** .. there are positives in every performance; make your first step in evaluating your performance to be to note “the things you did well”;

Then, and only then, seek out and discuss areas in which you **will** improve .. be positive; **think in terms of what you will do to improve, not just what you did that was wrong.**

- **Re-establish your goals** (not just your dreams .. *do you appreciate the difference?* .. what is the difference between a dream and a goal?) .. identify the strategies **YOU** will implement to achieve the improvement / progression you seek.

10-15 minutes formal self (and with coach) evaluation may be the **key to future progression**, and, is best done while memories are fresh.

Following is a Self Analysis (athletics) example that you could apply / adapt:

Circle the most appropriate rating.
Ratings are NOT just a matter of right/wrong
they may just be a record of facts, of your opinion, and information for further discussion or thought.

Post Event Performance Check

Event: _____ **Athlete:** _____

Date: _____ **Time (a.m. / p.m.)** _____

Conditions: _____

(Some issues may not apply; include general comments as desired;
evaluate objectively; don't be judgemental.)

PRE-EVENT	POOR	AVERAGE	EXCELLENT	
Training Lead-in to Race	1 2 3 4	5 6 7 8	9 10	(4 weeks prior)
Equipment Check	1 2 3 4	5 6 7 8	9 10	
Diet & Fluids	1 2 3 4	5 6 7 8	9 10	
Resting	1 2 3 4	5 6 7 8	9 10	(Recovery .. 3 weeks)
Sleep	1 2 3 4	5 6 7 8	9 10	(2-3 nights prior to race)
Self-Belief	1 2 3 4	5 6 7 8	9 10	

Comments: _____

IN-EVENT

Relaxation between races	1 2 3 4	5 6 7 8	9 10
Pre-Race Preparation	1 2 3 4	5 6 7 8	9 10
Race Plans	1 2 3 4	5 6 7 8	9 10
Pre-Race Focus	1 2 3 4	5 6 7 8	9 10
Pre-Race Debrief	1 2 3 4	5 6 7 8	9 10
Confidence	1 2 3 4	5 6 7 8	9 10
Diet & Fluids	1 2 3 4	5 6 7 8	9 10

Comments: _____

IN-RACE

Start ... reaction	1 2 3 4	5 6 7 8	9 10
Start ... positioning	1 2 3 4	5 6 7 8	9 10
Explosiveness	1 2 3 4	5 6 7 8	9 10
Aggression	1 2 3 4	5 6 7 8	9 10
Task Awareness	1 2 3 4	5 6 7 8	9 10
Racing to Plan	1 2 3 4	5 6 7 8	9 10
Relaxation at Speed	1 2 3 4	5 6 7 8	9 10
Focus / Concentration	1 2 3 4	5 6 7 8	9 10
Endurance	1 2 3 4	5 6 7 8	9 10

Comments: _____

