

DELIBERATE PERFORMANCE

Deliberate Performance

Newsletter V1. I2.

INSIDE THIS ISSUE

PG. 2

Quality of your coach matters.

PG. 3

Helping to identify your solutions.

PG. 4

Health is fundamental.



Today will begin a series of newsletters that of which the goal is to simplify and clear the confusion that surrounds the science of sport training. With so much information available, the though process of this series is to gradually explain important aspects that investigate the planning and training for performance. It is also the objective of the series to facilitate conversations in a positive manner.

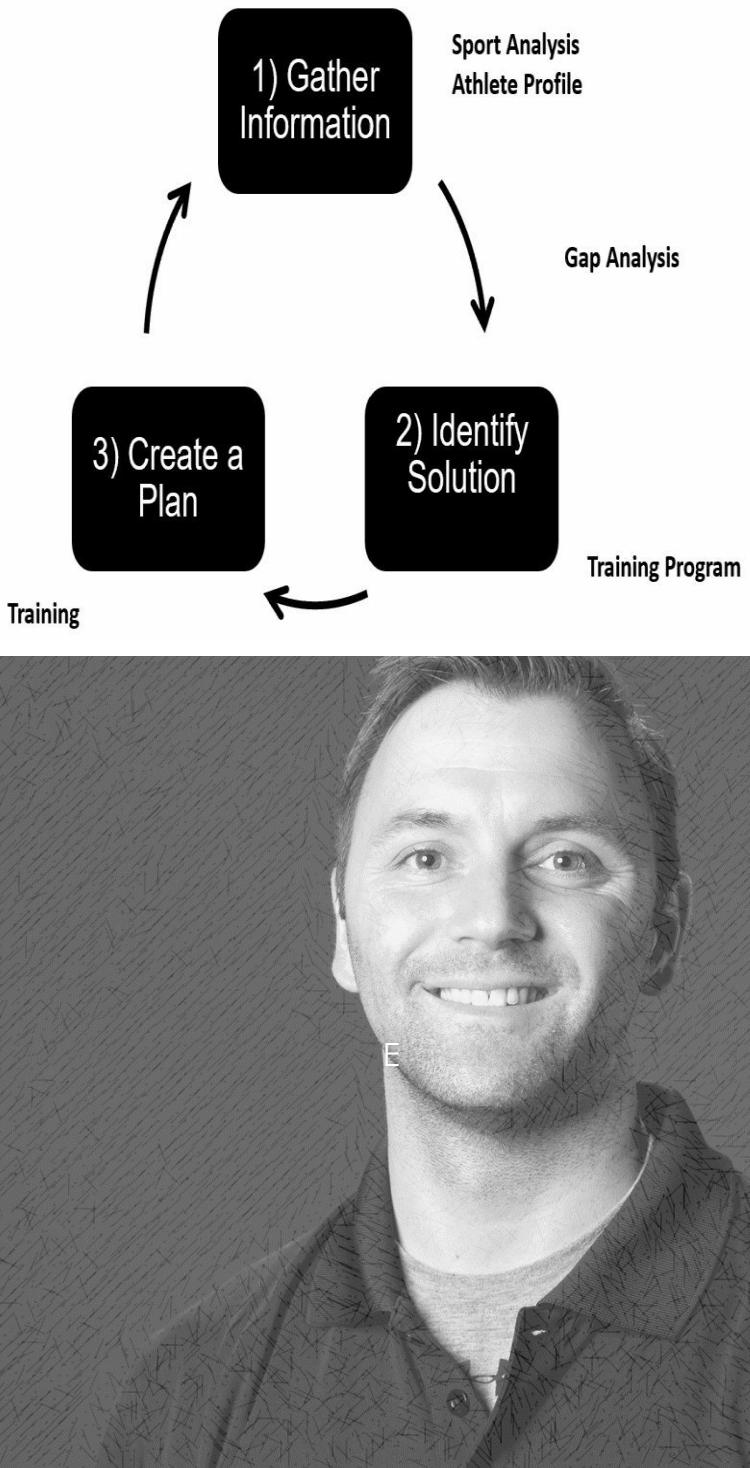


QUALITY MATTERS?

When working with an exercise professional, there is a great deal of implicit trust that is about to take place, and that trust and responsibility should never be taken for granted. When searching for a professional to consult with, a great place to begin is with qualified, certified individuals. Two highly recognized certifying bodies are the Canadian Society for Exercise Physiology (CSEP) and the National Strength and Conditioning Association (NSCA). Professionals who complete the designations must provide evidence of completion of an appropriate course at the post-secondary level, that meet the core competencies and complete the theory exams. In the case of CSEP, a practical exam is also completed.

These individuals may utilize advanced assessment protocols or design exercise programs that require maximal aerobic or anaerobic effort. Many professionals can and will go on to acquire additional professional development opportunities and experiences, but the two above mentioned certifications will ensure that there is a level of professionalism and an appropriate scope of practice that should be adhered to by those holding such designations. From there, experience between people can vary greatly, but look for them to have attention to detail, the ability to listen to your needs and be there to help guide you toward the mutually identified goal you establish together.

**“Quality is
not an act,
it is a
habit.” -
Aristotle**



SOLUTION IDENTIFICATION

Identifying solutions for training should be no different than employing the scientific process to an experiment.

The first step is to gather information thought making observation about the sport the athlete(s), of which helps to identify the “gap” of where they are versus where they need to be in relation to the desired performance.

It is then at a point in the planning where the identification of a solution can be made with the information gathered; what can be changed that will improve performance the most. At this point it is also imperative that the goals of the training program are identified.

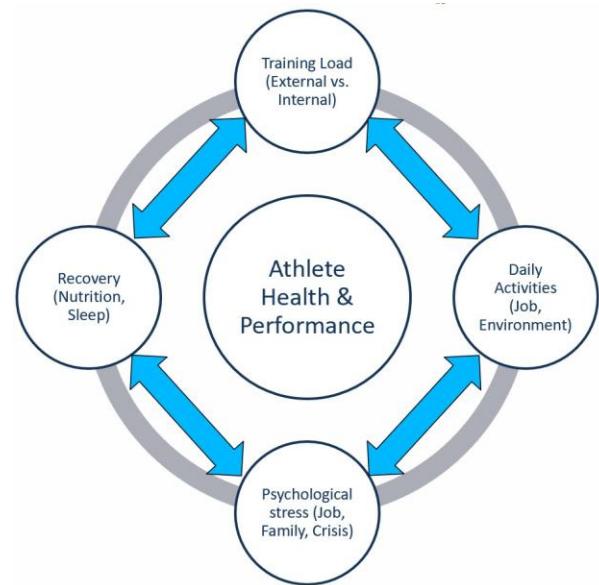
Finally, the moment of creating the plan. A plan does not need to be complicated; it does not necessarily need to be entertaining. In many cases, simple works, it simply gets the job done and addresses the needs that were identified in steps one and two... the plan must achieve the identified goals.

Implementing of the plan is most understood as training, but to ensure that the plan is working there is a need to assess the outcome. The ultimate assessment is competition and how much did performance improve (or not), but that is not always available, and many factors could affect competitions. Therefore, assessments may also include sport science testing, which provides more control over the random influences of sport performance and provides specific information about components of performance. The assessment can take place in the lab setting or may be in the daily environment under controlled protocols and the watchful eye of a qualified professional(s).

This is a cyclical process as every competition provides opportunity to evaluate the sport analysis, athlete profile and assess the effectiveness of the training completed.

Reaching out to a qualified professional as indicated in the above section would be a great support to help any individual with a performance related goal to work through this process.

“Training is efficient if the highest sport result is achieved with the least expense of time and energy.” – Thomas Kurz



ATHLETE HEALTH

One of the most important aspects a qualified individual will help support with is the health of the athlete/ team. It could be one of the most valuable aspects of the support that an individual could receive, because a healthy athlete is one that can compete, perform and one that can recover optimally to do it again.

Athlete health encompasses more than just the daily training environment, as professionals must take a very rounded approach to what factors can affect the health of the athlete; training load, both internal (neurological or metabolic) and external (training volume, weight room load) is not the only stress that needs to be considered. Athletes with jobs or in school have a very different stress to consider than those who are full time athletes for example. This may cause a psychological stress, and thus affect sleep and nutrition, of which sleep and nutrition themselves could be expanded upon later.

If this newsletter stimulates questions, please feel free to reach out via the contact information below.

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