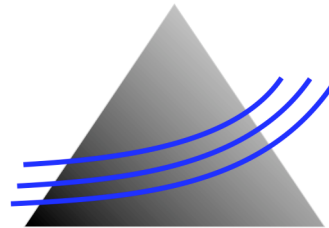


“Our job is to create an environment
where success is inevitable”

Exploring the integrative science of the new
athlete preparation industry



John Crampton
Performance Enhancement Systems

Contemporary Issues

Psychological Construct - Human Factors

Ecological Validity

Integration - Sport Science - Coaching Science

Evidence Based Practice / Coaching

Silo vs Integrated Service Provision

Performance Centred

Data Basing / Data Mining

Risk Management - Responsibility

What are you afraid of? Reductionism

What you know vs What you tell them

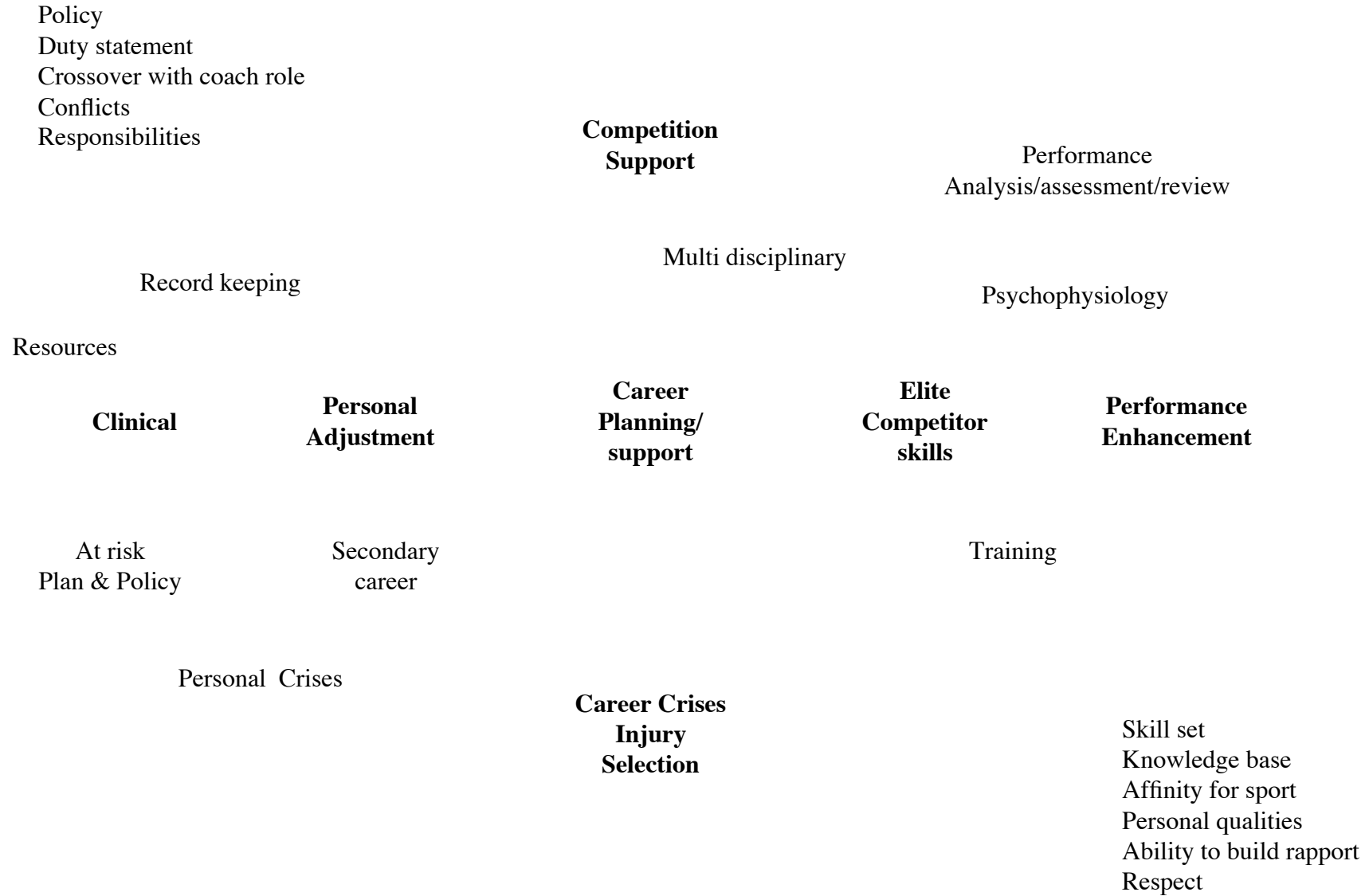
Stress Profile

Athlete Career Management

Statistical Mind

Technology applications

Sport Psychology - do you see it as additional to your program or as an integral component of your program?



Human Factors In Sport

Accuity
Dynamic Accuity

Vision

Peripheral Map

Glare Recovery

COG Recovery

COG Control

Balance

Stability

Travel

Jet Lag

Motion Sickness

Applied Power

Tension Control

Touch

Technical Control

Light/soft/fine

Fine motor

Timing

Motor & Position

Relative position

Gross motor

Rhythm

Broad

Narrow

Simple shifts

Concentration

Complex Shift

Demands

Speed of Shifts

Catch up recovery

Ahead - distance

Head with Body

With body

Hearing

In Head

Shifting

Focus

Out of Head

Holding

Timing

Pattern Recognition

High

Agility/Balance

Med

Low

Technique

Gross

Complex

Fine

Emotions

Emotionless

Recovery

Coping

Increase / change

Short Bursts

Extended Effort

Intensity

Endurance

Reaction Time

Simple

Choice

Patience

Traditional

Culture of Sport

Adaptable

Utilise

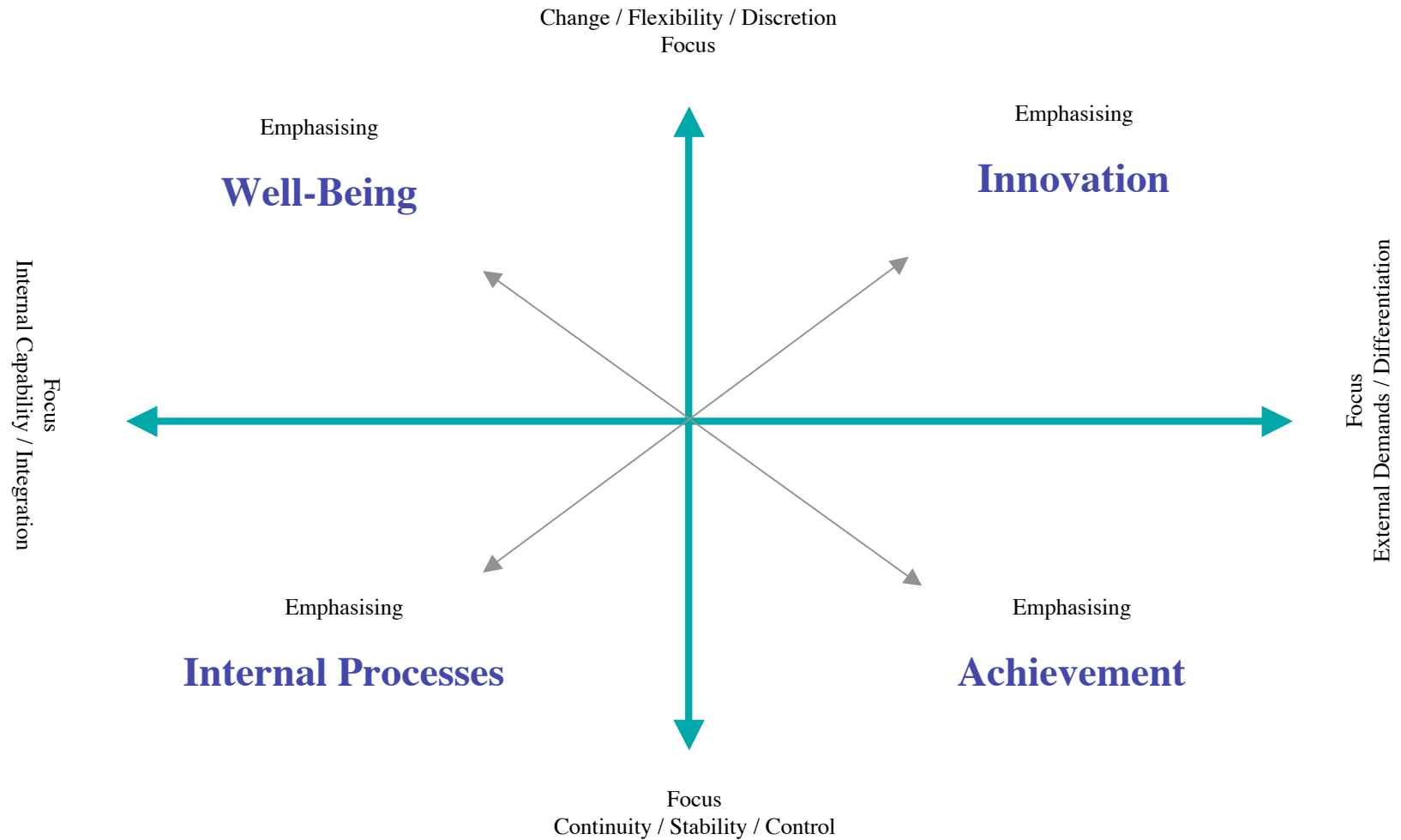
Enhance

Memory

Switch Off



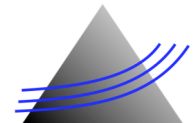
Your Organisation Now / In the Future



Long-term behaviour change is the absolute goal
of coaching programs in elite sport

Lasting behaviour change in elite athletes (& coaches!)
comes as a result of increased understanding,
the learning & adoption of internationally competitive
attitudes & systems, and assistance in the
development & fine-tuning of their
daily training environments

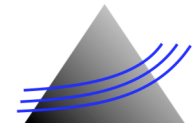
All of this requires a process of assessment,
intervention, monitoring & reinforcement



*“Our job is to create an environment
where success is inevitable”*

The provision of systematic, structured feedback
to athletes, coaches, managers, & other stakeholders
is the biggest contribution we can make
to results based “Key Performance Indicators”

Planning
Collecting
Compiling & Interpreting
Analysing
Communicating
Incorporating

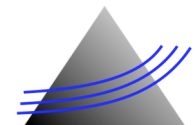
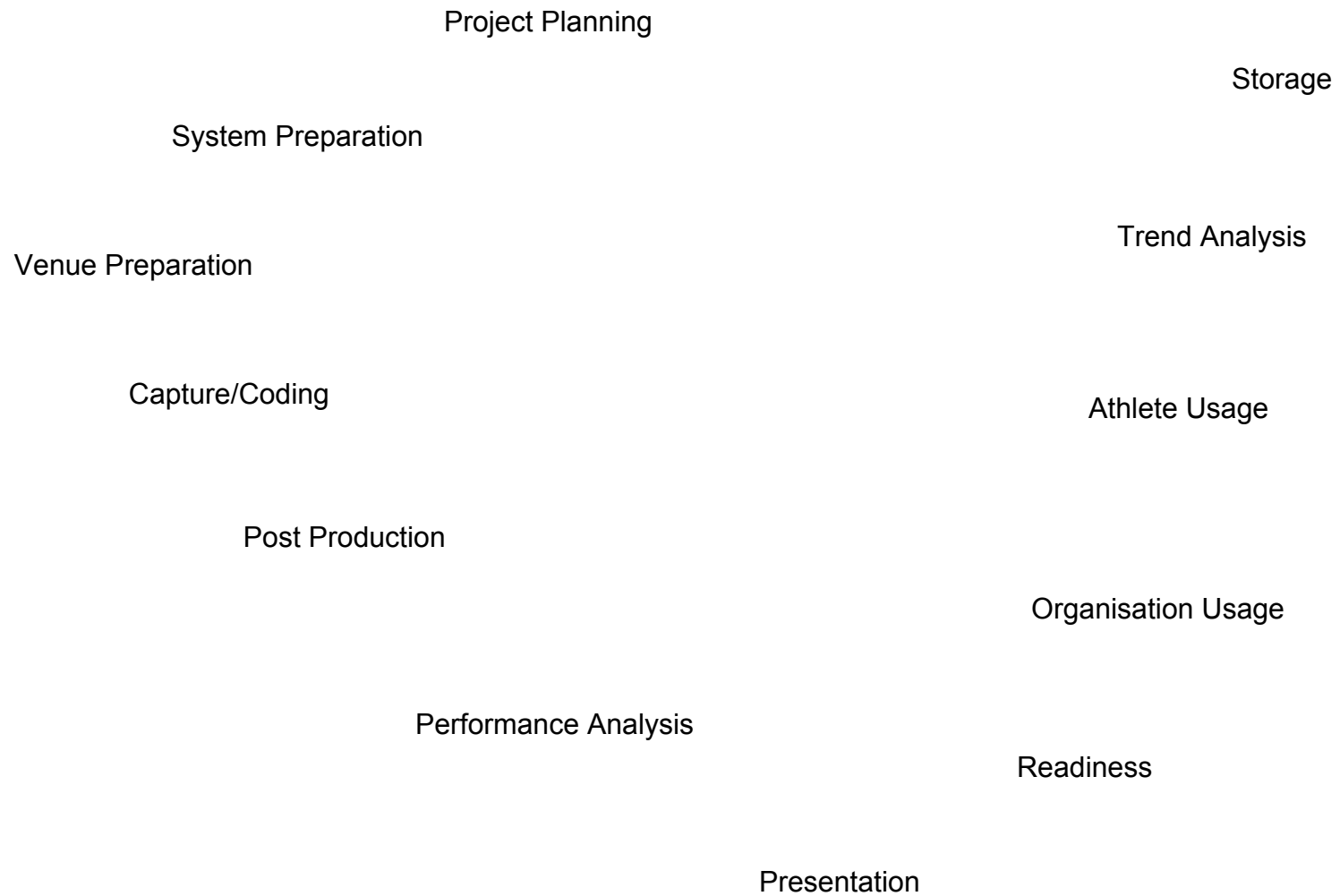


I don't want to know how good you think you are,
I want to know how good you really are:
What do the numbers say?

If you want to be competitive, find out what
your opposition is doing, and do at least that

Reward performance, not potential

The PA Cycle



Athlete Details

Name
Event
Result

Background Notes



Emotional Control	+++++
Lifestyle Management	+++++
Focus	+++++
Interpersonal Style	+++++
Family Situation	+++++
Experience	+++++

Current Emotional State	
No Reaction	
Moody	Angry
Frustrated	Depressed
Disbelief	Unstable

Risk Assessment

Social / Performance Networks

Recommendation						
No Action	Monitor	Intervene	Refer	Relocate	Remove from Village	Refer to SIS-SAS
Professional Assistance Required						