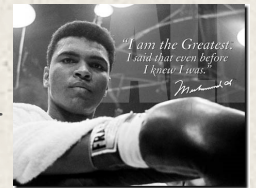


Paddler's Post

April 2018

Adopting a High Performance Attitude

Everyone knows about Mohammed Ali, one of the most vocal and successful boxers of all time. He came across as pretty arrogant and over-confident, but the one thing we can't deny is that he was the greatest when it came to self belief. He talked the talk, and walked the walk, but most importantly, he also did the work, which allowed him to totally believe in his ability to beat his competitors.



If you have put in the time, and prepared to the best of your ability, leaving no stone unturned in your groundwork, then you have every reason to be confident in your ability to perform.

This all starts with adopting a High Performance Attitude. Waking up every day, make the commitment to take on an approach that is directed at being as professional as possible.

First thing is to be positive! You have chosen this path, so go out there and enjoy it!

Motivation starts within, and having a positive attitude each and every day will go a long way in determining how successful you are in achieving your results in the long run. Staying motivated also takes daily effort, so have a method to continuously work at this element (starting with a positive attitude is the first step).

Then you need to take ownership of your future. Ultimately it is you that is responsible for how well you do. "Your attitude determines your aptitude!"

Taking ownership means taking responsibility for yourself. Aim to get the most out of your training, your recovery, your nutrition, and manage your body and mind to enable yourself to give out your optimum performance.

To perform consistently, you need to prepare consistently. This is the basic building block of any successful paddler.



Aiming to be consistent, firstly means committing to your coach's program and attending all the training sessions. Missing a session here and there might not seem like much at the time, but just missing one 80 minute session a week, adds up to about 64 hours in year (on a 48 week year) That's 2.5 days of training time!

Secondly, be consistent within the session. What you do in each and every training session will count towards race day. Training sessions have goals, that you should strive to achieve. Aim to be in the present, know and understand why you are doing something, and make sure you are working in that direction.

And lastly, be consistent in your approach. Assume that positive attitude every morning, and work at your motivation levels every day. Always have a solid warm up routine, and cool down, not just physically, but mentally prepare yourself as well.

Live your purpose. Live your dreams.

"ABILITY
is what you're capable of doing.

MOTIVATION
determines what you do.

ATTITUDE
determines how well you do it."

- Lou Holtz

In everyone's life, we face obstacles that determine our character. These obstacles may be great achievements or they may be huge failures. More times than not we have to fail in order to succeed. Think back in history. Many of our great leaders failed before they succeeded. Such as Benjamin Franklin who failed over a 1000 times before succeeding at making a light bulb. Or Michael Jordan who was cut from his high school basketball team before going on to be arguably the greatest basketball player to ever play in the NBA.

We cannot be afraid of failure. As soon as we lose our sense of urgency at being successful, we lose our purpose. Being successful is about getting up after you get knocked down or trying one more time after you've failed 1000 times. Life is about achieving when others say you can't do it. It's about thinking that the word "impossible" really means "I'm possible." You push forward when others would have given up. You refuse to quit. Why? Because this is your life, your dreams and your success.

WHAT IS A WORKOUT?

By George Allen, former Washington Redskins Coach

A **workout** is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A **workout** makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A **workout** is a personal triumph over laziness and procrastination. It is the badge of a winner - the mark of an organized, goal-oriented person who has taken charge of his, or her, destiny.

A **workout** is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A **workout** is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A **workout** shows dedication. When you finish a good workout, you don't simply feel better, **YOU FEEL BETTER ABOUT YOURSELF.**

Gold medal flapjack so so scrummy especially after training!!

100z Oats 100z Sugar
100z Butter 6oz SR flour
3 heaped tbsp syrup 3tbsp water

150c or gas 3

Melt butter, sugar, syrup and water - allow to bubble, as if making toffee for couple mins.

Add flour and oats mix well.

Grease deep baking tin then add handful of extra flour to dust tin (turn upside down after to remove excess flour).

Bake for 40 mins at 150c or gas 3 (lower if fan assisted oven) Do not let it cook too quickly, remove when golden brown, it should be soft and chewy.

Allow to cool, but cut into pieces while warm, remove from tin when cool.

The Performance Parent - Supporting talented young people to achieve their potential.

Ten Top Tips:

1. Be supportive and listen - whether they win or lose, your support is vital.
2. Work hard to be part of an effective 'TeamYou' and remember you are a critical part of this team.
3. Work hard to find the right balance between training, studying and simply being a 'normal' family. Make time for other siblings.
4. Give lots of encouragement and criticise constructively. Focus your recognition on the effort, not just the achievement.
5. Let the coaches coach and be a positive role model.
6. Find out who to get help and advice from: School Sport Coordinator, Gifted & Talented mentor, local sport development officer, the sport's National Governing Body.
7. Be proactive and communicate - find out potential training and competition demands for the year and work with the school / college to ensure everyone is aware of any 'hotspots' around exams and coursework deadlines.
8. Be prepared to become involved in the wider aspects of the sport - as driver, cook, travel agent and supporter or simply as principal sponsor.
9. Get to know other parents - they will become your personal support network.
10. Help them to start to plan for life after sport.

Youth Sport Trust



#NottsRegatta

This Paddlers Post was put together using articles from past editions. I apologise for it not being as informative as the usual ones and will resume normal service next month. Louise Clive

If you have anything you would like to see or share in the Paddler's Post (recipes / motivational or scientific articles / quizzes / reports):
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