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# PERFORMANCE TRAINING

# Coaching Ethos

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Inspire Athlete to Achieve for **THEMSELVES**

Provide a performance environment for each athlete to realise their full potential.

Provide stimulating technical coaching to ensure **optimal long term** athlete development.

Trust the athlete and encourage personal responsibility with guidance and encouragement.

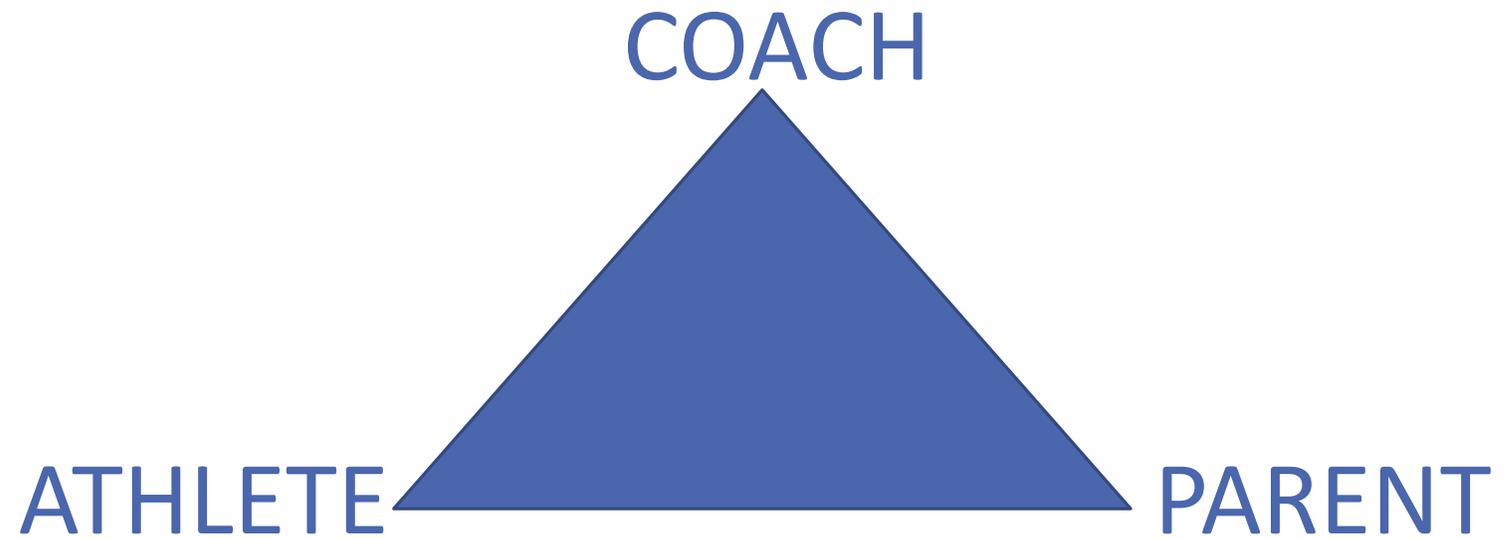
# Leader of a Performance Environment

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- Credible
- Consistent
- Inspirational
- Sense of Purpose
- Meticulous Preparation & Planning
- Discipline
- Determination
- Understanding
- Balance Short, Middle & Long term Goals

# TRIANGLE OF TRUST

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# Environment – Success is Inevitable

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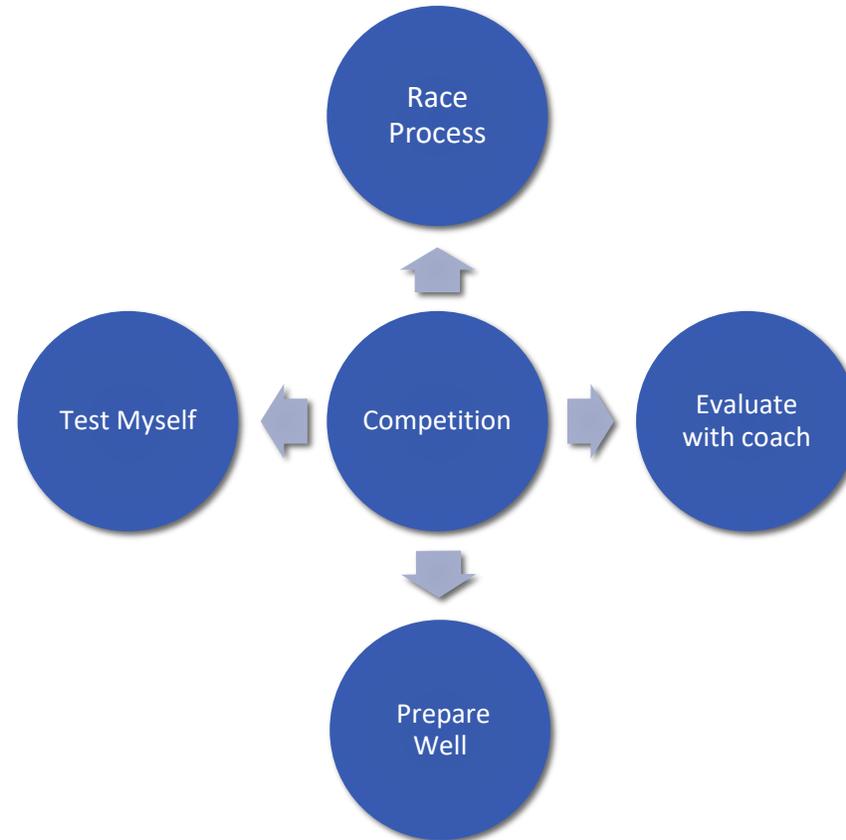
# Environment – Success is Inevitable

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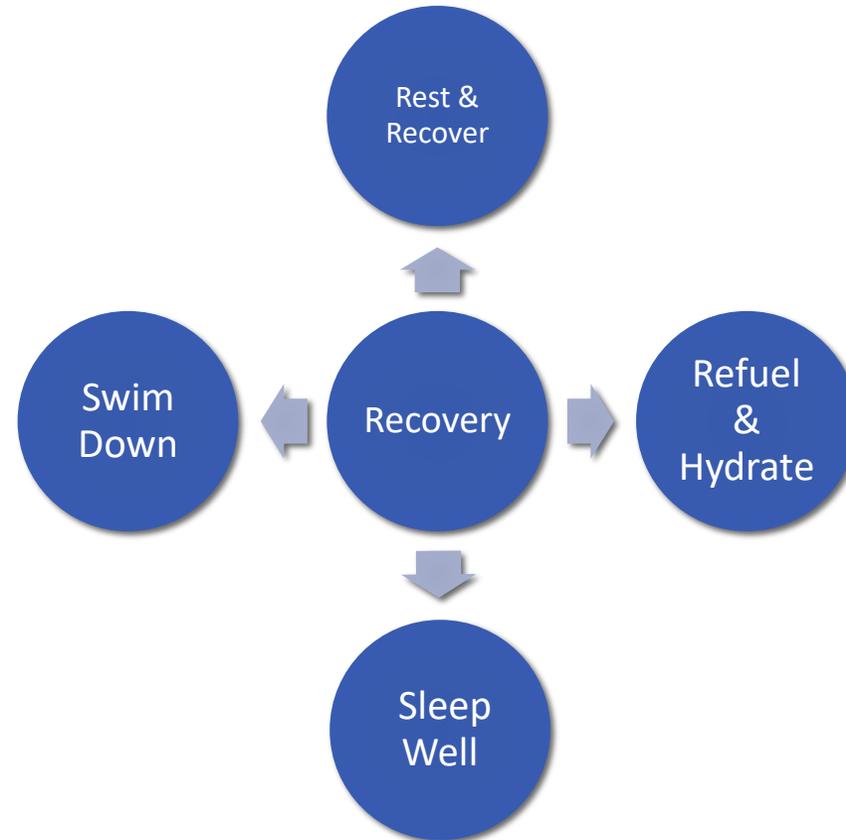
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