

# Personal Excellence

Developing professional people on and off the court



Sarah Conlon

# First things first



you.

Who are you as a person?

Who are you as a coach?

Which comes first? Your  
'person' or your 'coaching'  
self?

If you're not at your best,  
do you think this can have  
an impact on your  
coaching?

In what ways do you look  
after yourselves?

"Putting yourself first doesn't mean you don't care about others. It means you're smart enough to know you can't help others if you don't help yourself first."



# Holistic lifestyle

Life snapshot: Family Employment Health Basketball Down time Hobbies Social Study

Balanced for you

Understand your 'why'!

## Discuss

What are you getting out of coaching?

What are your goals within coaching?

When do you feel you coach at your best? And why is that?

Having a well balanced life will allow you to be the best version of you; on and off the court.





# High performance stressors

Discuss:

What are these?

What does it look like?

How does it impact you?

And how do you manage these?

Time Management

Full time work

Decision Making

Communication

Family

NSO demands

Travel

Social Media



# Support Network

## Identify your Personal Support Network

In what ways do they offer you support? Do they know you identify them as a #1 support?

## Identify your Professional Support Network

For those who are in management positions; how do you assess your coaches wellbeing? Do you 'check in' and see how you can best support their holistic wellbeing, as well as their coaching development?

For those who are coaches, how can you ask for support? Do you ever seek evaluations and constructive feedback from your management/mentors?

# Mentors



2017 Coaches Conference

Networking opportunity

100+ like minded individuals

With a growth mindset, work together, and use each other as your support networks. This conference can be more than 2 days. Choose to connect. Choose to grow. Choose to support and challenge each other to be the best you can be. Know your pathway. Chase your dreams.

# Personal Excellence

Developing professional people on and off the court

Athlete focused



# Personal Excellence | Athlete Focused



Life snapshot:    Basketball    School    Down time    Social    Hobbies    Other Sport    Family

Take interest in the person

Encourage balance

Discuss

What does this look like week-to-week?

How can you have a positive impact on the athletes development off the court?



# Athlete Capability vs High Performance Stress

Identified behaviors that could lead to better performances on and off the court:

Professionalism

Responsibility

Empowerment

Emotional Health

Self-regulation

Accountability

Wellbeing (ownership)

Resilience

A better person = a better athlete

Athletes have identified the following performance stresses as issues that impact their training and performance.

Time Management

Family

Education

Sexual Ethics

Decision Making

Grief and loss

Communication

Social Media

Homesickness

Retirement

Non-selection

Discuss:  
 How do you embed these characteristics into your training and team culture?  
 How do we minimise high performance stress?



# Support Network| Athlete focused

Athletes will have their  
Support Network

Do you see yourself as  
a support?

MENTOR| Develop the person.

# Resources



## Transition Support

### Relocating?

Are you considering a relocation? This can be a difficult time, take time to make the right decision for you.

Here are some tips to support you in a smooth relocation.

**Before you go**

- 1 What can you expect?** Think about the experience on offer and if this aligns with your values and goals... is this a move for YOU?
- 2 Possible Challenges** What things might be difficult or different? How will you manage in a new environment?
- 3 Communicate** Make sure you find the time to say 'see you later' to loved ones, and share your expectations and concerns with them.
- 4 Education|Employment** Can you transfer your schooling or university? Do you need work? Who can you ask for support?

**Tips & Tricks**

- New location?** What could life be like in a different location? Will this suit you? Where will you live?
- Support Networks** Know your support network will continue to support you regardless of where you live.
- Stay Connected** Staying connected with your significant others during and after your relocation is vital.

**Final checklist**

Have you:	Do you need?	Have you packed:
<input type="checkbox"/> Shared your expectations and concerns with your loved ones?	<input type="checkbox"/> Mobile Phone/Computer	<input type="checkbox"/> Pics of fam/friends
<input type="checkbox"/> Made time to say 'see you later'.	<input type="checkbox"/> Bank Account/Card	<input type="checkbox"/> Identification/Passport
	<input type="checkbox"/> What else?	<input type="checkbox"/> Personal items

## Support network

### WNBL | NBL Transition...

"All endings are new beginnings"

**Before you go**

- 1 What can you expect?** What type of support do you expect to receive? What are you thinking your social life will look like? Your home life? What will the overall experience be like?
- 2 Possible Challenges?** What things might be difficult or different? How will you manage this in a new/old environment? Do you feel you're financially supported?
- 3 Communicate** Talk through your expectations and possible challenges with your significant others. The people around you will want to know, and support you during your transition.
- 4 Education|Employment** Is the uni you are going to have a EAFU adviser? Do you have an academic support person who can support you? Will you need a job? What can you do now to help?

**Tips & Tricks**

- Get Involved** What is it going to be like where you are moving? Where will you live? What can you do to get to know people?
- Support Networks** Make it a priority to share your expectations and challenges with your significant others. Stay connected during your move.
- Players Association** Basketball's Players Association offer athletes incredible support. Make time to connect with them as you move into NBL/WNBL.

**Final checklist**

Have you:	Do you need?	Have you packed:
<input type="checkbox"/> Talked to your significant others?	<input type="checkbox"/> to organise accommodation?	<input type="checkbox"/> Identification
<input type="checkbox"/> Connected with friends and family?	<input type="checkbox"/> house supplies?	<input type="checkbox"/> Personal belongings
<input type="checkbox"/> Connected with the BPA?	<input type="checkbox"/> transportation?	<input type="checkbox"/> photos to decorate your room

### SIGNIFICANT OTHERS

How to best support elite athletes

You have been identified as a person who shows significant support to an athlete at Basketball Australia. Athletes will experience a variety of emotions, highs and lows as they progress through the sporting pathway. It is vital the athlete has a strong support network to share these moments with and be supported. The role you play is crucial to the holistic development and wellbeing of this athlete.

**High Performance Behaviour**

In elite sporting environments, athletes will be encouraged to strengthen and develop the following behaviours which could lead to better performance on and off the court. As the athletes support network, you can ask them about these behaviours and they see how they develop over time.

- Professionalism
- Accountability
- Resilience
- Integrity
- Responsibility

**High Performance Stressors**

Training and competing as an elite athlete can create many types of stress. Here are some high performance stressors that athletes have identified as areas that cause disruption and strain on their overall performance and training ability. As a key support person, you can ask them specifically how they are coping within these areas.

Travel	Social Media
Budget	Team Dynamics
Relationships	Family Demands
Non Selection	Homesickness
Injury/Illness	Basketball Expectations

**Support|How can you help?**

- ASK** the athlete how you can best support them
- PROMOTE** the athlete to be kind to themselves.
- Depending on what the athlete is going through they may need time to digest and accept the situation, show your support by simply listening and being available as they process the situation.
- Be **AVAILABLE**. Communicate with the athlete to let them know you are available at any time to be a support to them.

**CONTACT US**

Contact us at any stage if you have any questions or concerns for your athlete.

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## US College pathway

### Considering a US COLLEGE PATHWAY?

What you need to know

**ELIGIBILITY:**

- 2.3 GPA
- SAT/ACT
- AMATEUR STATUS (No payments from a professional team)

**BE PREPARED: COURSES REQUIRED**

How to plan your high school courses to meet the 16 core-course requirement:

**4 x 4 = 16**

- 4 x English courses (one per year)
- 4 x Math courses (one per year)
- 4 x Science courses (one per year)
- 4 x SOSE/humanities courses (one per year)

16 core courses

**These are the steps** (see additional fact sheets for specific information)

YR 09 PLAN    YR 10 REGISTER    YR 11 STUDY    YR 12 GRADUATE

**FUTURE** **be ACCOUNTABLE for your future**

Basketball Australia would like to support you in your athletic and academic pathway. By being aware of opportunities available to you, you can control what you need to achieve to ensure your options can remain open.

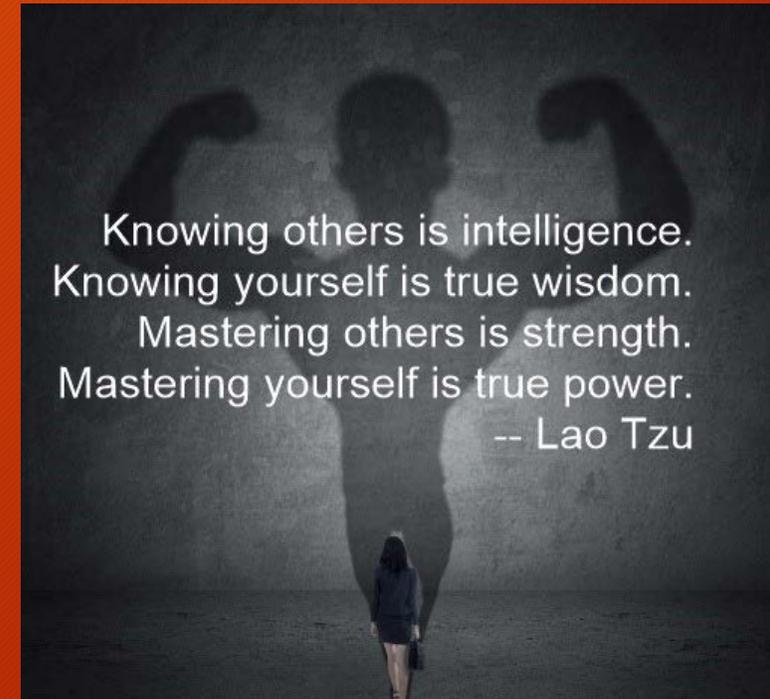
More information can be found at the below websites.

NCAA.org/playingcollegesports    eligibilitycenter.org    NCAA.org/StudentFAQ

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Thank you