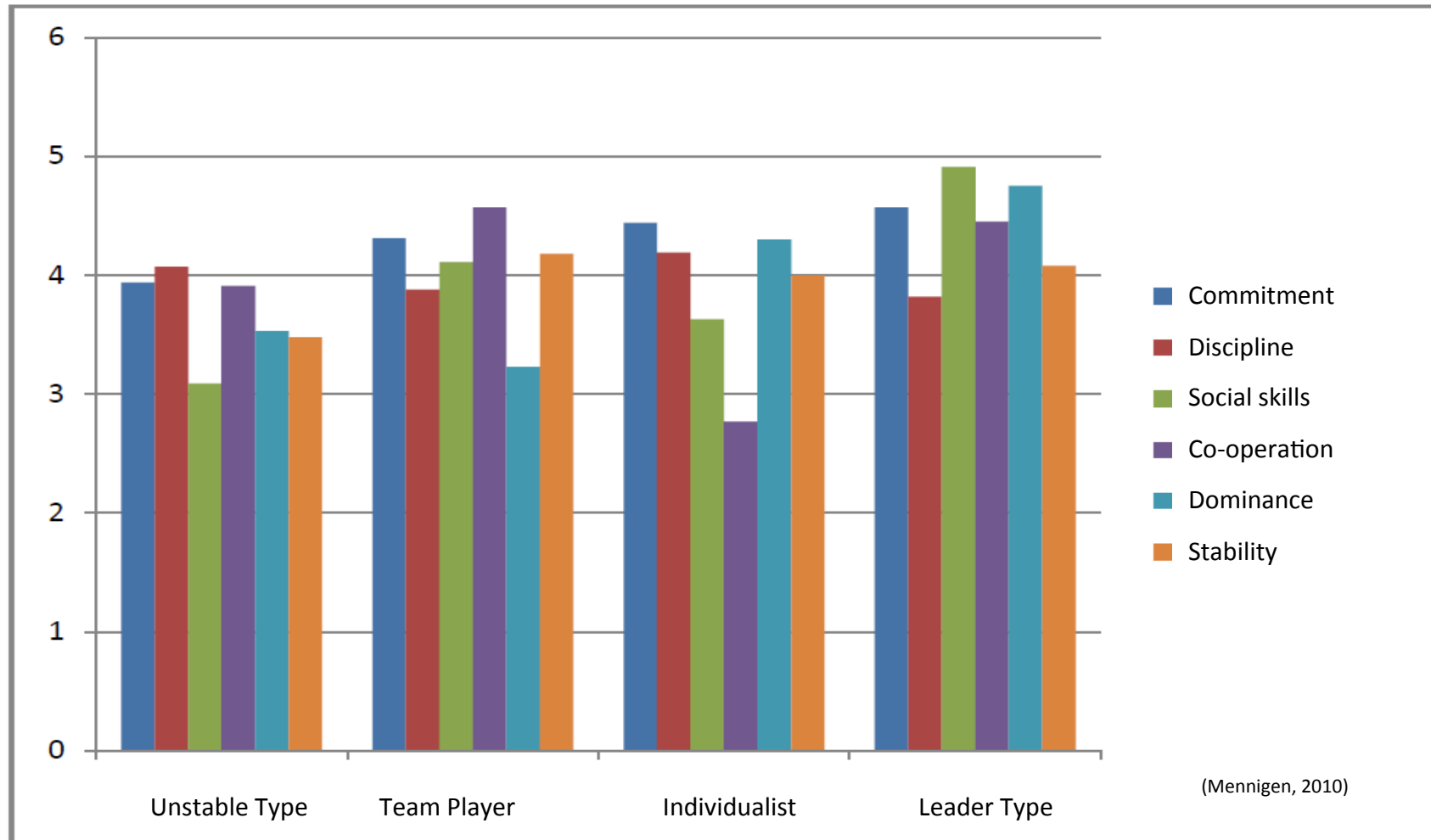


Working with Athletes

Impressions based on my
psychological work with rowing
athletes





- **Unstable Type**

- Will have greater difficulties in social contexts and under pressure than the other three types
- Individual coaching with regard to social skills and stability (emotion-regulating training, relaxation techniques, positive thinking and finding out the causes of the low stability)

- **Team Player**

- Are important for a good performing boat team
- Fits well into a group structure
- Can be a stabilising factor in team conflicts

- **Individualist**

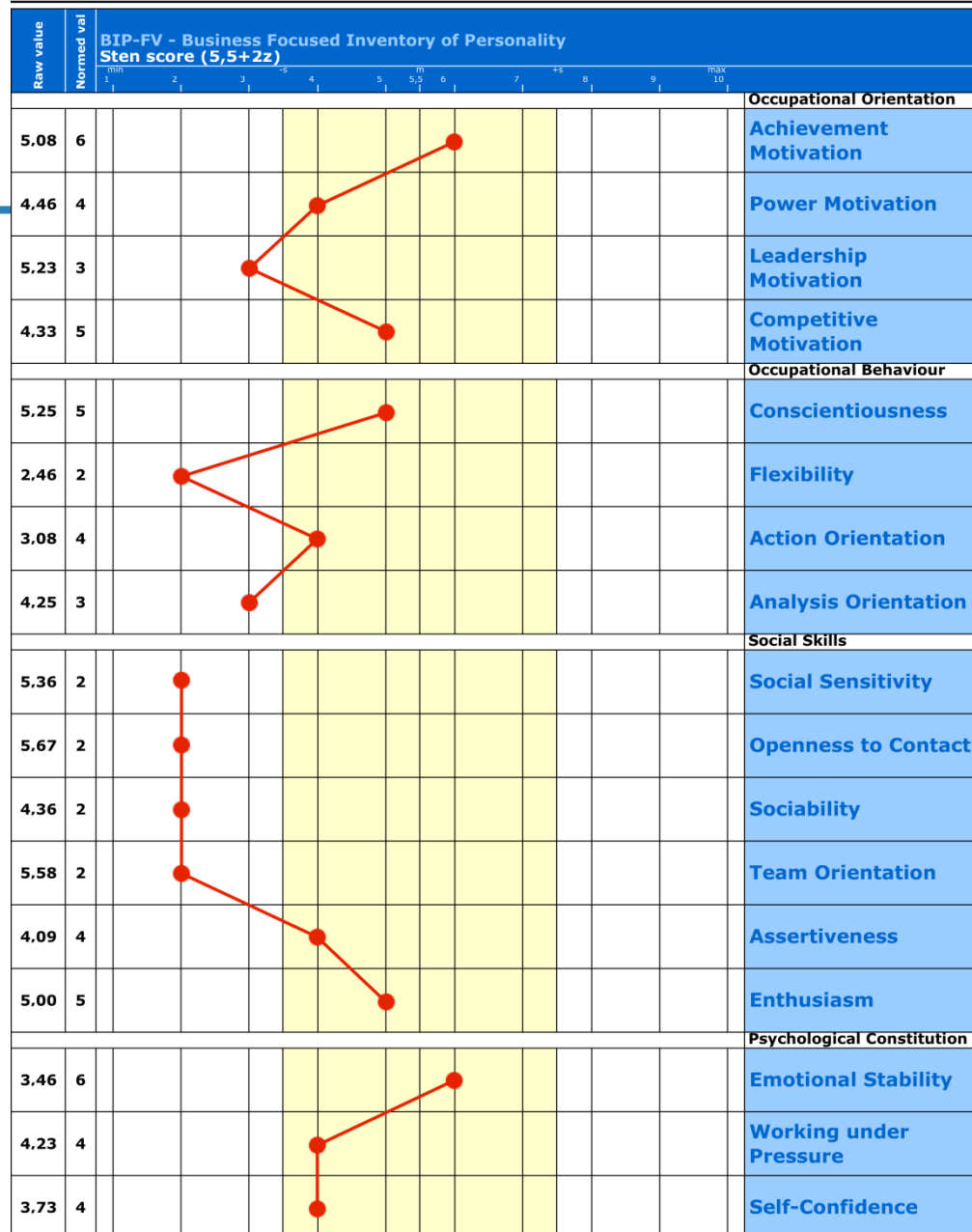
- Preferably suitable for individual disciplines like Single Scull
- More difficulties in large boats as many social interactions take place
- Needs lots of freedom, e. g. let him do several coaching units on his own
- Strong tendency towards autonomy – reacts negatively to an authoritarian coaching style
- Difficult to motivate the development of social skills, as no insight exists

- **Leader Type**

- Wants to have the leading position in a team
- Wants to have a say in team meetings, training arrangements etc.
- Too many athletes of this type in a boat can become critical due to their unfulfilled claim to leadership
- Can significantly influence a team - in any direction
- Psychological intervention important when claim to leadership cannot be fulfilled – reduction of frustration and conflict potential

Achievement Motivation Power Motivation Leadership Motivation Competitive Motivation	OCCUPATIONAL ORIENTATION		OCCUPATIONAL BEHAVIOUR	Conscientiousness Flexibility Action Orientation Analysis Orientation
PERSONAL APTITUDE REQUIREMENTS				
Social Sensitivity Openness to Contact Sociability Team Orientation Assertiveness Enthusiasm	SOCIAL SKILLS		PSYCHOLOGICAL CONSTITUTION	Emotional Stability Working under Pressure Self-Confidence

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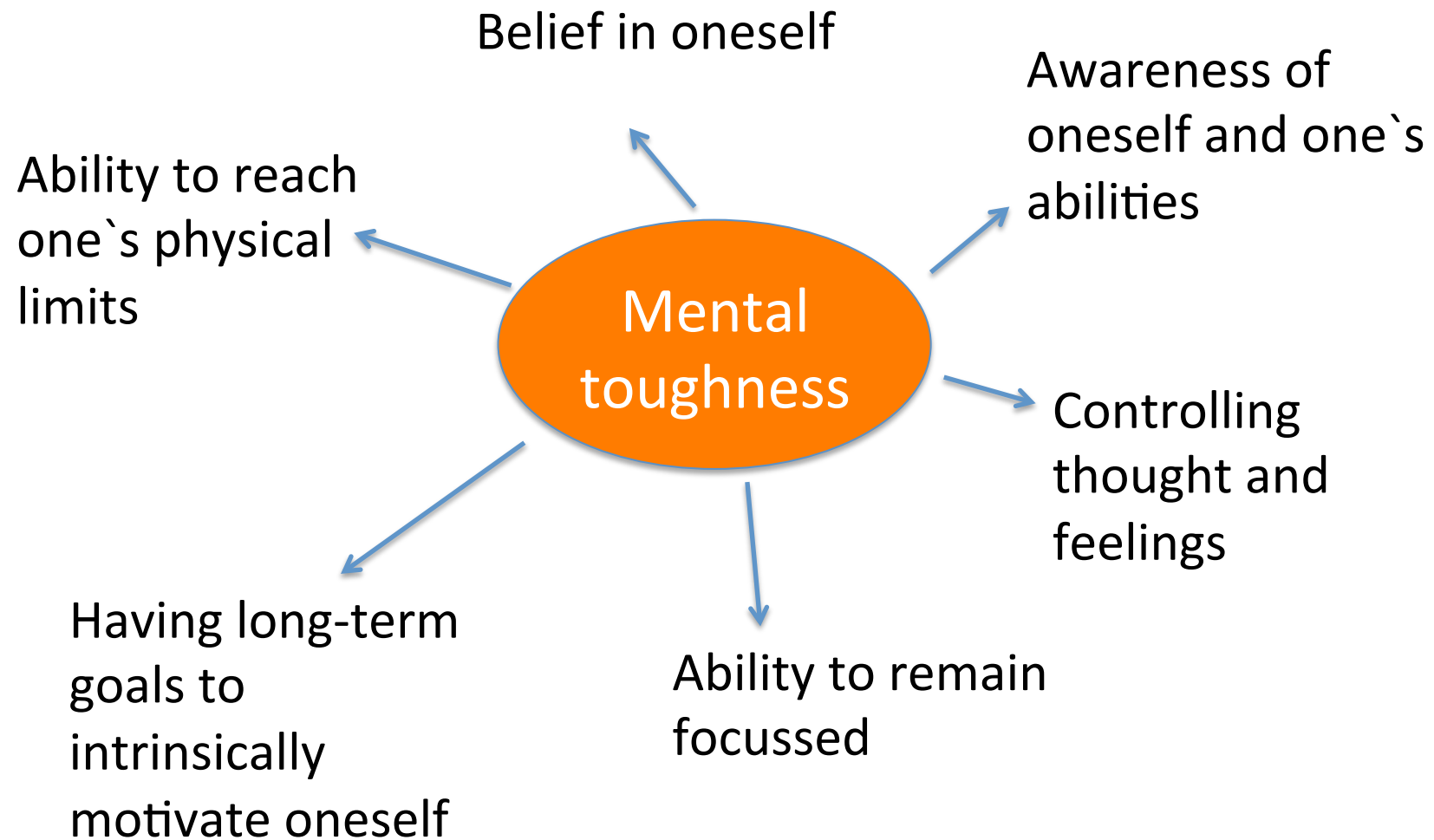


- Dual career planning
- Dealing with failures
- Sportive burnout
- Issues with the coach
- Personal issues

- Athletes do not earn any money in Germany doing competitive sports
- Companies consider sporting careers only partly as a success factor – there is an increasing tendency to look at how long a student has studied
- University studies or traineeship/ apprenticeship parallel to competitive sport
- Only doing competitive sport
 - Benefit: all power and energy focused on competitive sport
 - detriment:
 - No real changes on the labour market after his sports career ends
 - if it doesn`t workout within a year, there`s a danger of demotivation

- There are career advisors in all the training centres in Germany – they work in all kinds of sports
- They support athletes in looking for traineeships/ apprenticeship (in specific cooperation with companies)
- They advise on the choice of studies and support enrollment at the right place of study
- Some universities prefer elite athletes with university entrance qualifications

- I support athletes in deciding for a dual career (the German Rowing Fed. is giving consideration in 2013/2014 to athletes` courses of studies when planning training programmes in camp).
- It`s important athletes use these 2 years to establish their professional course.
- Some athletes have difficulties combining rowing and studies, particularly when one`s place in an elite squad has to be won yet.
- I support athletes with their monthly and anual dual career planning.



	Internal		External	
	Stabil	Unstabil	Stabil	Unstabil
Global	I'm not talented enough.	I cannot prepare myself for competitions properly.	Always has to train so hard before competition that no one cannot recover from it.	My training schedule is so full this year that there's no time to recover and relaxe.
Specific	I'm not talented enough to cover the competitive distance.	I haven't prepared myself properly for this competition.	Training is always so hard that I cannot recover from it.	I had to train so hard before this competition that I couldn't recover from it.

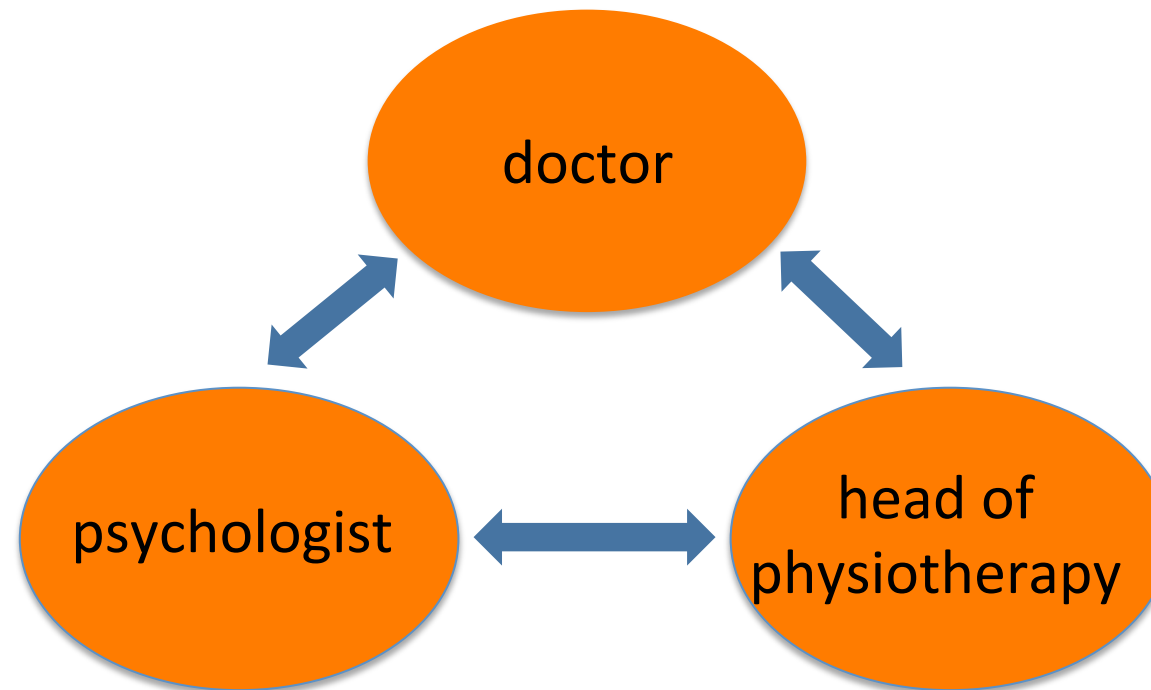
- Unstable type
- Intervention:
 - Learn to communicate in a more listener-oriented manner
 - Attribution style is internal/ stable / global when it comes to failures
 - Tendency to overpace in training sessions
 - Athlete is extremely fearful when it comes to failing in his studies (his best and worst case scenarios)
 - He wants to be liked by everyone, but is too quick-tempered and harsh with others (athletes and coach)
 - Partly has social problems within the training team
 - I´m still coaching him to change his attribution style, but this needs time

● 2009

● 2013

- He doesn't feel any satisfaction or joy following a success
- He feels empty
- He has problems with his motivation
- I'm trying to improve his protecting factors to do with his psychological constitution
 - Where are his resources?
 - What makes him proud?
 - What stops him feeling proud and satisfied?

- Medical therapeutical team



- Bad communication with the coach
- Athlete feels he has been unfairly treated
- He questions the coach`s decision about the selection process
- A coach`s nervousness is passed over to the athletes before a competition – I show them how they can distance themselves from this

- Family problems
- Lack of support within one`s social environment
- Divorce / separation of parents
- Partner problems

- Athletes in a training team don't know who works with me – it's apparently still a sign of weakness to work with a psychologist
- Athletes are extremely grateful for psychological support
- When an athlete benefits from psychological care, then really well
- As athletes are relatively young, psychological intervention works quicker and it's easier to implement change

Thanks for your attention.

For any further questions:

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