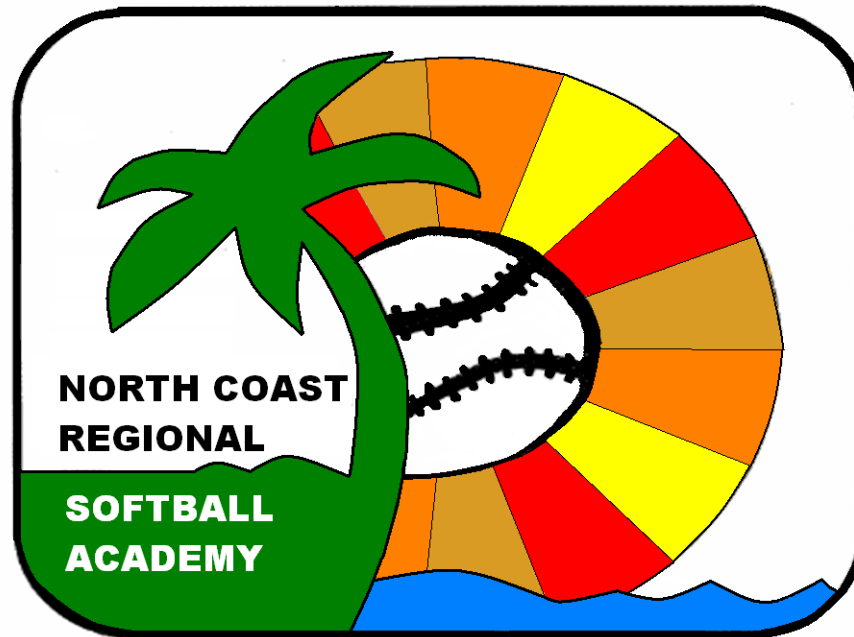


# North Coast Regional Softball Academy 2009

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Fitter - Faster - Stronger - Smarter

## Athlete Diary of XXXX

## North Coast Regional Softball Academy – 2009.

Time is such a valuable resource and as athletes we need to be able to use our time efficiently. Many Athletes fail because they don't know how to plan and use the time available to them for their maximum benefit.

Instead they waste it, kill it and spend it, when they should be actually investing it.

### Time Management.

Each day of anyone's life consists of a number of things. These include:

- Things we have to do
- Things we want to do
- Things we need to do and
- Time wasters

As an athlete it is important that you take control of your day and structure it in such a way that you can get the most out of it. Failure to do so, means that time can be wasted and opportunities lost.

### Things we have to do

There are numerous activities that we undertake each day that are imposed upon us by necessity and must be included in our daily plan. These include:

- School
- Family commitments
- Work
- Sleep and rest

### Things we want to do

Then there are the things we want to do, like:

- Hanging out with your mates
- Staying up and sleeping in late
- Watching TV or *socializing* ? on the internet
- What ever takes your fancy

## Things we need to do

There are numerous things in our life that we are committed to do each day/ week of our life. These issues are many and varied for each athlete.

In order for you to become an improved athlete, you need to sit down and carefully examine all of the things that you want to become or achieve and ensure that you structure your day so that these issues are given priority.

### **This is where many athletes fail!**

It isn't that they are poor athletes. It's just that they don't give themselves the opportunity to grow and develop into the elite athlete that they can become.

The solution to this problem is in the planning. The solution is within each athlete and the way that they take control of their sporting and personal lives.

Before we can start planning your athlete diary, there are a number of important issues that need to be addressed.

The first of these is '**Goal Setting**'.

*"If you don't know where you are going in life - then any road will get you there."*

Take a moment to consider this very carefully.

If you plan to and do nothing today, and have no commitments at all – then at the end of the day, you will be exactly where you will be. But will you be where you want to be.

Without goals, an athlete can wander aimlessly through their sporting career without ever achieving their full potential. The saddest thing is – they don't even realize it. They actually think that they are the best that they can be. It's only when we challenge ourselves and ask more of ourselves and our performances, that we realize how much more we can become.

## Goal Setting

What goals in life are you setting for yourself? Take a moment to think about one simple goal that you'd like to set for yourself.

Let's assume that each of you want to set the goal of being selected into the Queensland U16 Softball team. Wow! Great goal!

If today, you do nothing to help yourself get closer to that goal, then you've wasted a whole day. What have your competition done, whilst you wasted a whole day?

You need to set goals and be clear in their definition before you even start planning your training. Remember - *"If you don't know **where you are going in life** - then any road will get you there."* Well, with a single goal we have decided where we are going.

Here's some SMART tips to help you prepare your goals. Goals should be:

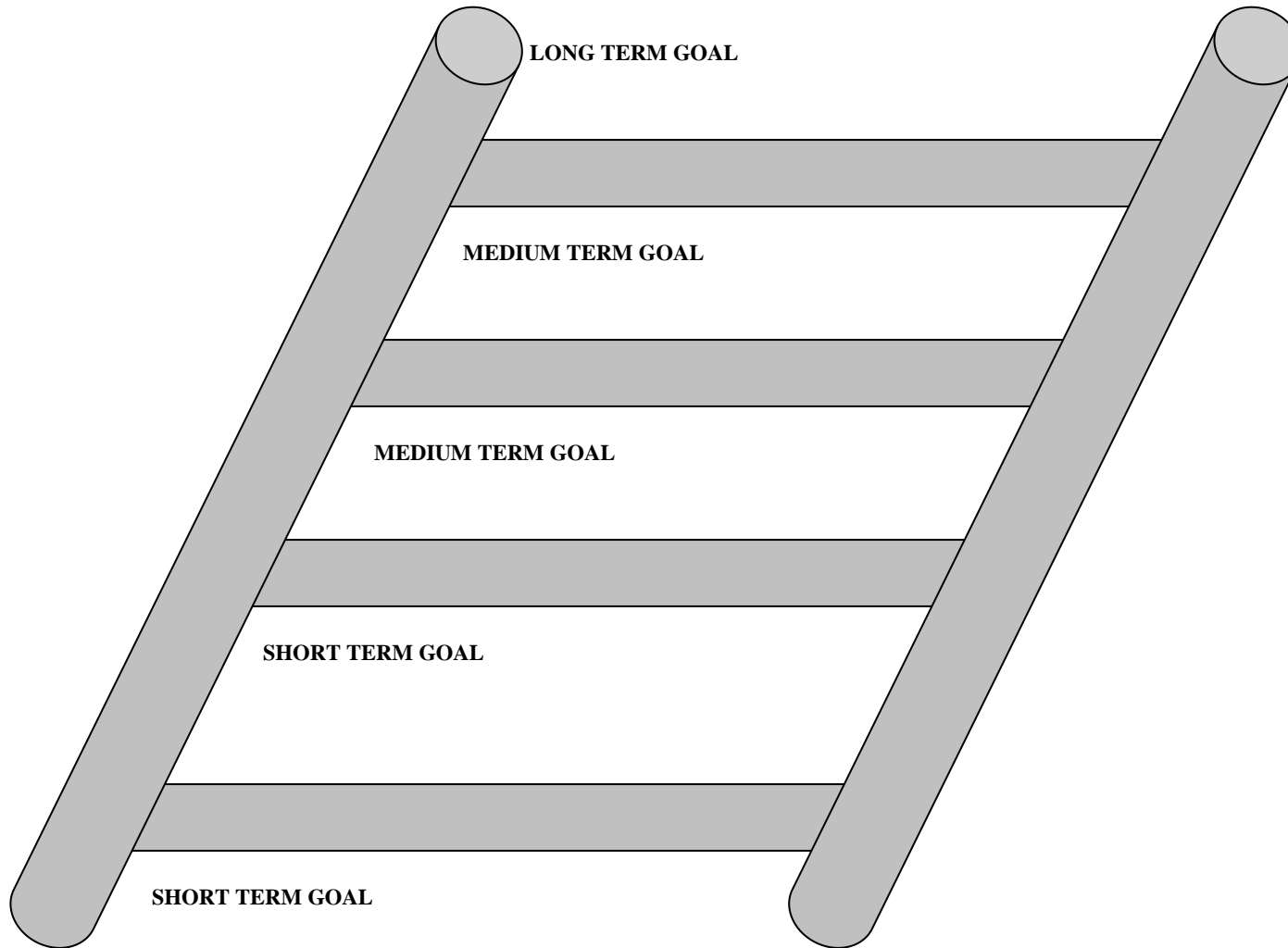
<b>S</b> PECIFIC	The goal should be specific and not generalized
<b>M</b> EASURABLE	Your progress towards your goal should be measurable so that you can provide yourself with feedback on your performance
<b>A</b> SSESSIBLE	You should be able to regularly assess your progress against the performances of your peers and those of your past performances.
<b>R</b> EALISTIC	Setting unrealistic goals will only frustrate you. Set goals which are realistic and within your potential, whilst they remain challenging.
<b>T</b> IME	Always set a time within which you want to achieve your goal. <i>Whenever</i> is not a time.

Goals can vary from short, medium and long-term goals. Each set of goals feeds into the next set of goals. These goals are like the rungs of a ladder. The ladder has the ultimate goal at the end, but each rung helps you step up and get closer.

Athletes shouldn't be afraid to adjust goals periodically, provided that they are still challenging and lead to the ultimate goal.

**EXERCISE**

Set up a goal now, and use the ladder provided to 'fill in' the short, medium and long-term goal. Ask your Coaches to assist you assessing the goal and the structure you have put in place to help you achieve this goal.



Are your goals S M A R T ?

Once you have prepared your goals, you can start your journey. You now know where you are going. Now you have to plan how to get there.

To achieve your goal of making the 2009 State U16 Softball team, you need to examine your current abilities and performances and realistically assess the areas of your game that you need to improve in order to make you more selectable for the team.

You may determine that your base-running speed is below par and decide that your current speed of 3.35 seconds for a home to first base run needs to improve to around 3 seconds flat.

That .35 seconds isn't just going to fall off. You need to work on it. Where is the problem? Are you slow out of the box, have poor high-knees/ bum flicks, poor base contact or lack explosive power?

The answers to these questions will help you to determine how you will structure your training diary for the months ahead.

A SMART athlete would ensure that in their Time-Management diary that they would set aside time to be able to work on the areas of the skill that will make them more selectable. What would you do?

### **The Training Diary.**

As discussed previously, there are many types of commitments in our day to day lives. In order to structure our training diary we need to build around those things that we have to do. These things include commitments that have to be carried out and have been 'booked' in our diary.

These may include school, work and social commitments. These should be inserted into your monthly calendar, so that when you are preparing your weekly diary, you can take these matters into account and plan around them.

Then you need to structure your week ahead by planning what it is you want to achieve within the remaining time. You MUST do this in advance. This is a planning diary that plans what you are going to do, not a record diary that records what you have (or haven't) done.

It is recommended that athletes set aside one day during the week as Day 1 as the day that ends the week. On this day, athletes should set up what they want to achieve for the week ahead.

Our Academy will work on a Monday to Sunday week, where Monday is the first day of the week and Sunday the last.

On Sunday, you must look forward to the week ahead by checking the Monthly commitment calendar and then determining what training activity you are going to undertake each day during the week ahead. Carefully consider what other physical activity you have on each day before planning your program.

For example, if you are running the school-cross country on Monday then you should limit more endurance training until you have recovered completely. Remember also that if you have had a school sports day or a full day of Club competition then you may not need to schedule additional training for that day.

Do not schedule training if you are injured. Be Smart! Recover once and once only. Resuming training when injured is just plain dumb.

It is suggested that you break your week up into 7 days where you focus on Speed for 3 days and Strength for 3 days and leave one day for REST! Of these 7 days, the REST day is most important. The body must recover before you attempt to take it to the next level of challenge.

The following pages are your training diary pages and you need to use it effectively.

Firstly – at the beginning of every month you need to put into your diary all of the known commitments that you have. These include family, school personal and sporting commitments.

Secondly – each Sunday schedule training for the 7 days AHEAD based on your availability, ability and requirement to train.

Talk with your coaches during the Camp and ensure that you understand how you are going to use the Diary to your best advantage.

Be SMART!

**JULY 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Academy Executive Meeting	23	24	25	26
27	28	29	30	31		

**"Don't set your goals too low. If you don't need much – you won't become much!"**

## AUGUST 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
2	3	4	5	6	7	8
9	10	11	12 Exhibition Show Holiday - Brisbane	13	14	15
16 FULL ACADEMY TRAINING CABOOLTURE 11 am	17	18 Academy Committee Meeting	19	20	21	22
23	24	25	26	27	28	29

**"Sport doesn't build character – it reveals it!"**

*FITTER – FASTER – STRONGER - SMARTER*

**SEPTEMBER 2009**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		1	2	3	4	5
6 <b>FULL ACADEMY TRAINING SUNSHINE COAST</b>	7	8	9	10	11	12
13	14	15 Academy Committee Meeting	16	17	18	19
20 <b>Suggested Development Training Local - Subject to rep team commitments</b>	21	22	23	24	25	26
27	28	29	30			

**"Average people look for ways of getting away with it. Successful people look at ways of getting on with it"**

*FITTER – FASTER – STRONGER - SMARTER*

**OCTOBER 2009**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
				1	2	3
4 <b>FULL ACADEMY training at NOOSA 11am</b>	5	6	7	8	9	10
11	12	13	14	15	16	17
18 <b>Suggested Development Training Local Home Association</b>	19	20 Academy Committee Meeting	21	22	23	24
25	26	27	28	29	30	31

**"What lies behind us and what lies before us, are small matters compared to what lies within us."**

**NOVEMBER 2009**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1 <b>Suggested Academy Training Home Assoc</b>	2	3	4	5	6	7
8	9	10	11	12	13	14
15 <b>Full Academy Training REDCLIFFE 11am</b>	16	17 Academy Committee Meeting	18	19	20	21
22	23	24	25	26	27	28
29 <b>Suggested Academy Training Home Assoc</b>	30					

**"Character consists of what we do on the th1rd and fourth tries."**

**DECEMBER 2009**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		1	2	3	4	5
6 To Be Advised.	7	8	9	10	11	12
13	14	15 Academy Committee Meeting	16	17	18	19
20	21	22	23	24	25 <b>Christmas Day</b>	26
27	28	29	30	31		

**"If you accept second best – You become second best."**

### My Results

During the June Academy Camp you will have been tested concerning a number of tests and drills. To assist you in your development, you need to determine whether the training you have scheduled for yourself is making a difference. The best way to do this is to determine whether testing at a later date has shown improvement.

Record your test results here for further reference.

Test	Date	Date	Date	Date	Date	Date	Date
	28/6/09						
1. Running Speed. 1 <sup>st</sup> 2 <sup>nd</sup> Home							
2. Arm Strength							
3. Throwing Accuracy							
4. Ground Ball Fielding Test							
5. Hitting Distance							
6. Shuttle Run/Beep test							
7. Agility Run							

