Mental Preparation
Considerations for the Throws

Presenter: Panagiotis “Peter” Koumlelis
WHO...WHAT...HOW???
● **WHO** are we working with?
  ○ What level of athlete?
● **WHAT** are they dealing with?
  ○ Athletic vs. Non-Athletic Factors
● **HOW** can we affect change?
  ○ Optimize arousal levels using goal setting, visualization and PMR.
Level of Athlete

- High School
- Collegian
- Post-Collegian
- Professional

Stressors

- Athletic
- Non-Athletic
Coaches’ Resources

- Sport Psychologist
  - For mental health related issues?
  - For performance related issues?
  - For both?

- Familiarizing yourself with various mental conditioning techniques.
Pre-Meet Preparation
- Uniform/Clothing
- Shoes
- Implements
- Bib/Credentials
- Chalk/Spray
Meet Day
● Timeliness
● Schedule
● Implement Inspection
● Officials
Environmental Considerations
Weather

- Circle/Runway Conditions
- Temperature
- Weather Related Delays
Optimal Stress Levels
Distress “Bad Stress”

- extreme anxiety, sorrow, or pain.

vs.

Eustress “Good Stress”

- moderate or normal psychological stress interpreted as being beneficial for the experiencer.
● Clear and Defined Goals
● “Yours”
● “Theirs”
● “OURS”
Visualization
- Basically, you are preparing the body to perform a series of movements.
- The Goal: condition your brain and your body to execute ideally.
- In doing so, you increase the likelihood of it occurring in a competition.
- An increase in self-confidence should be seen.
Progressive Muscle Relaxation

PMR is an exercise performed to reduce stress and anxiety by having you slowly tense then relax a series of muscles.
Q & A
Panagiotis “Peter” Koumlelis
Assistant Track & Field Coach
Villanova University

Email: panagiotis.koumlelis@villanova.edu

Thank you for your time!