



**TRACK & FIELD**

# Mental Preparation Considerations for the Throws

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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



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Thank you for  
your time!