



Singapore Sport Science Symposium 2018

Plenary 2: Wellbeing and Professional Sport



Dr John Sullivan

Tracey Veivers



Discussion points


 Talent Identification, Recruitment & Retention


 Athlete Pathways and Transition

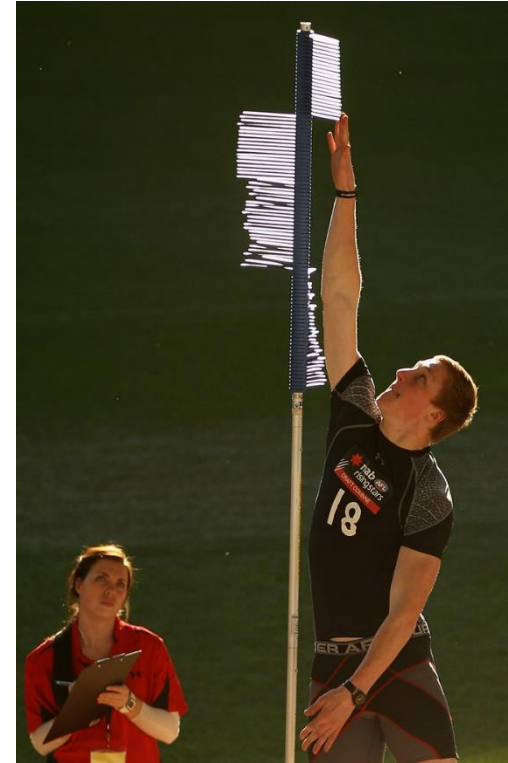
 Coaching Health and Performance

 High Performance Culture

Talent Identification and Recruitment

 Continually upgrading the talent pathway to meet the changing needs of young players and the evolving demands of professional sport

 AFL Draft Combine – process whereby young potential athletes are ranked and assessed (physical, medical, psychological, psychomotor and football skills tests as well as behavioural interviews) by all clubs



Talent Identification, Recruitment & Retention



The importance of the **assessment** in all areas



Individual differences and differing rates of development



Need for **collaboration and connectivity**



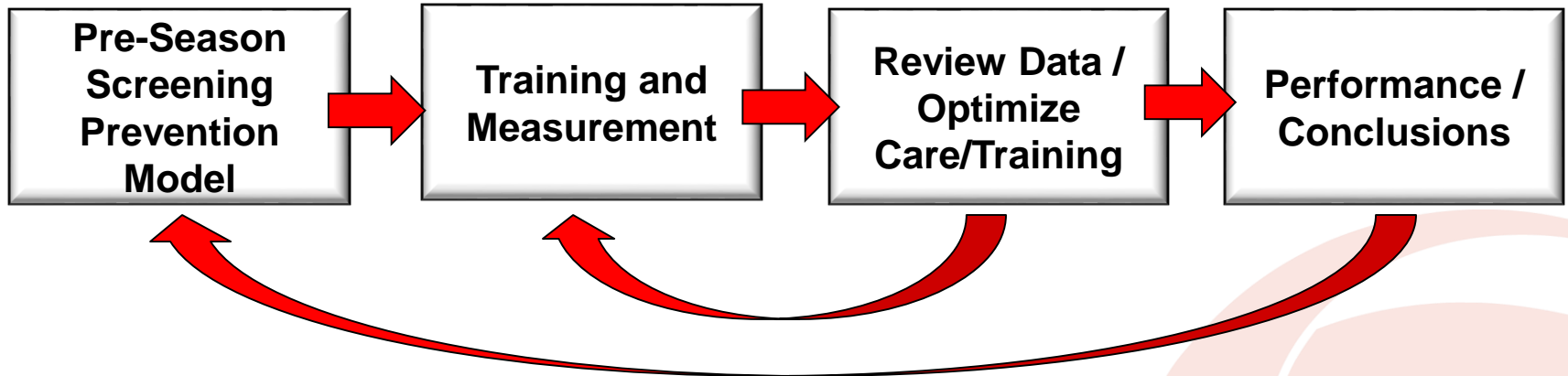
Clearly defined development **pathways**




Importance of **education** and understanding talent especially key audiences and influences





Talent Protection




Youth to Rookie to Professional Pathways

 New recruits spend the first 3 years of their careers studying the AFL Induction Program (recognised Certificate III) or can pursue their own studies in a push to “learn while they earn”.

 *Better out than in* – player led campaign and digital intervention aimed at any male to shift the conversation about men’s mental health

 *Mindmax* – app developed combining athlete personal experiences alongside short training sessions to help users strengthen and maintain healthy minds

 Supporting transitions to prepare athletes for life past sport, as football has a ‘due date’ and ultimately we are creating citizens of our community



Career Transitions



Even the most positive of transitions come with both challenge and learning

The Individual Transition

Potential Resources - 4S's
assets / liabilities

Approaching Transitions

- type
- impact
- context



Changed

- behaviour
- role
- learning
- perceptions

Coaching Health and Performance



MindFit Program aims support better mental health within all of the community clubs providing first aid training to the coaches and committee members at participating clubs



Clubs actively participating will be accredited as “MindFit” clubs whereby they gain preferential access & support

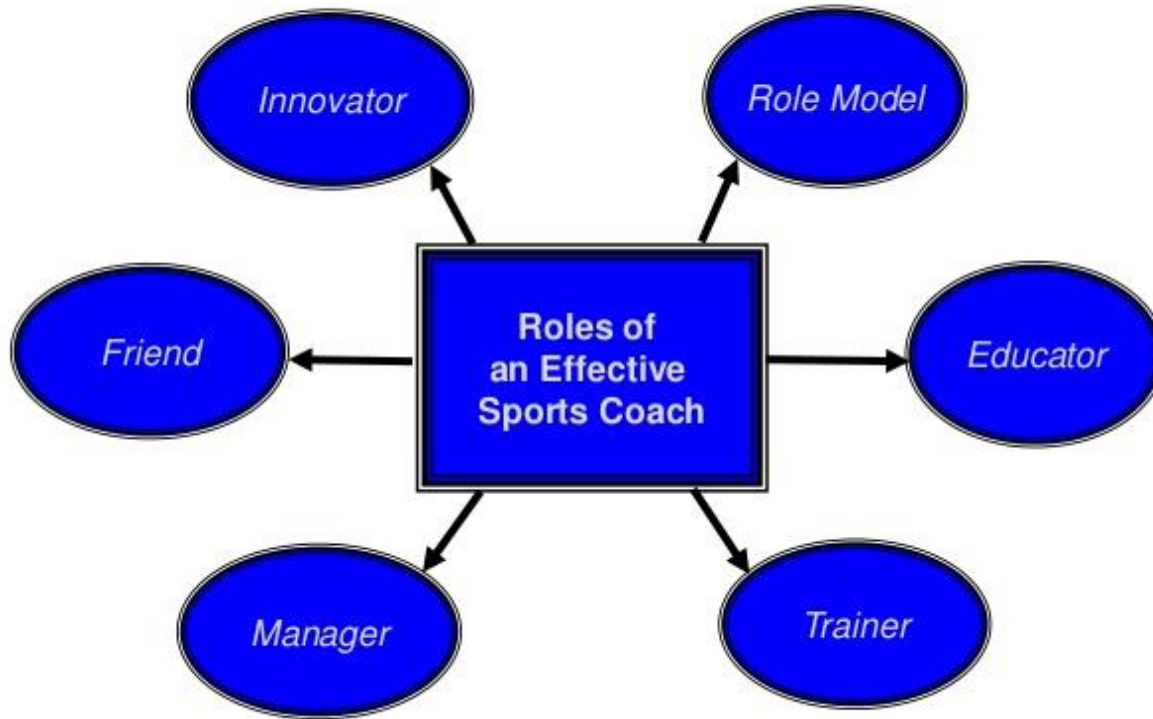


Sport science, sport medicine and coaching are highly collaborative. Clubs vye for the right expertise to be put around the Head Coach



Coaching Health and Performance

The Roles of a Sports Coach



A coach's health is a primary influence on the entire system

19

HEALTH

High Performance Culture



Loss is inevitable so it is what a club is willing to do when not winning that defines its culture



See and do mentality – plan, plan, plan, change, change, change



Ultimately coaching and support staff take the approach that we are responsible for the people that are responsible for the results



Manage Your Mind to Team Wise programs – all first year to most senior players – psychological skills to manage stress, underpin values to dictate behaviours and how to balance life



Safe environment is paramount for optimal performance!

High Performance Culture & Safety



When our social and physiological environments are appraised as being unsafe, defensive responses are increases, and our autonomic nervous system shifts to support defense rather than health



It is this safe state that supports social engagement with others as well as health growth and restoration.



- 1 Jones, J. G., Gittens, M. J., & Hardy, L. (2009). Creating an environment where high performance is inevitable and sustainable: The high performance environment model. *Annual Review of High Performance Coaching and Consulting*, 139-149.
- 2 Fletcher, D., & Streeter, A. P. (2016). A case study analysis of the high performance environment model in elite swimming. *Journal of Change Management*, 126-133/141.



Comments and questions.....?

