



## Athlete Health and Wellbeing

### Physical Preparation

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Hello to all of our coaches, parents and athletes and thank you for taking the time to read these small info packs in the field of sports science.

Today's focus is on how we as athletes can prepare ourselves for exercise and competition. This includes our physical and mental preparation for training, games and any strength and conditioning sessions. Mental preparation is very important to optimise arousal levels allowing us to perform to the best of our ability. It is also useful in the fact the being mentally prepared facilitates the ability to be engaged in whatever activity we are participating and to stay in the moment, not heavily reflecting on past performances.

In terms of our physical preparation, the goal is to gradually introduce the intensity of exercise that we will undertake. My views on a warm up entail 2-3 components:

1. (Optional 5 mins) Foam rolling in order to increase blood flow to the muscle;
2. (5 mins) General warm up - including a progressively increasing intensity of common exercise i.e. jogging;
3. (5 mins) Specific warm up where we introduce skills and game like intensity so we are mentally and physically prepared to perform.

More information pertaining to warming up can be discussed with any of our coaches and specific questions regarding a specified warmup plan are welcomed.