



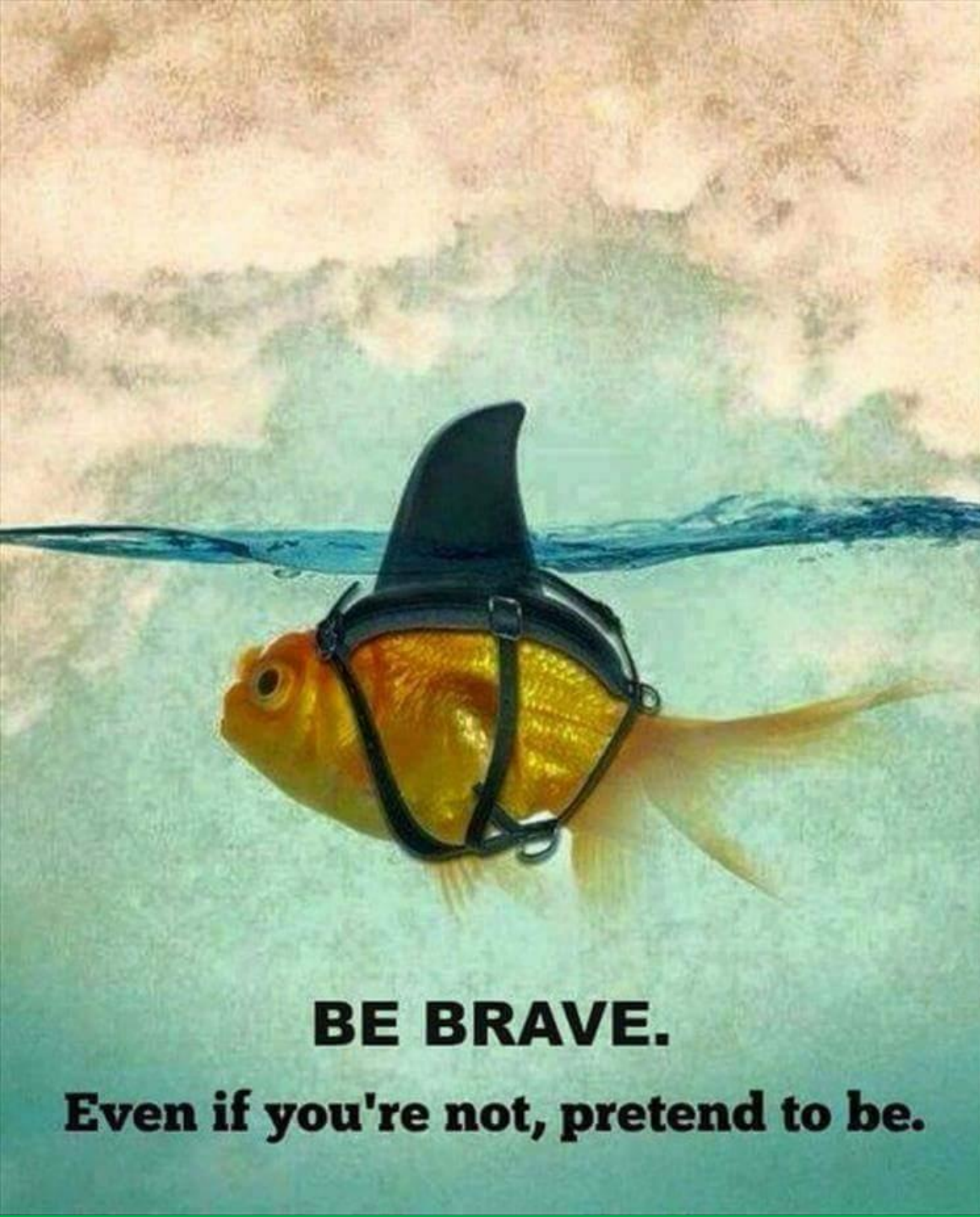
Mental Tips for Great Performance

The mind is the athlete; the body is simply the means it uses to run faster or longer, jump higher, shoot straighter, kick better, swim harder, hit further, or **box better** - Bryce Courtenay

A gold medal with a rope tied around it, set against a dark background. The medal is the central focus, with the rope forming a loop around it. The text is overlaid on the medal.

Why do you need metal tips?

Being mentally tough wont
guarantee you a gold medal, but
being mentally weak will definitely
lose it for you



BE BRAVE.

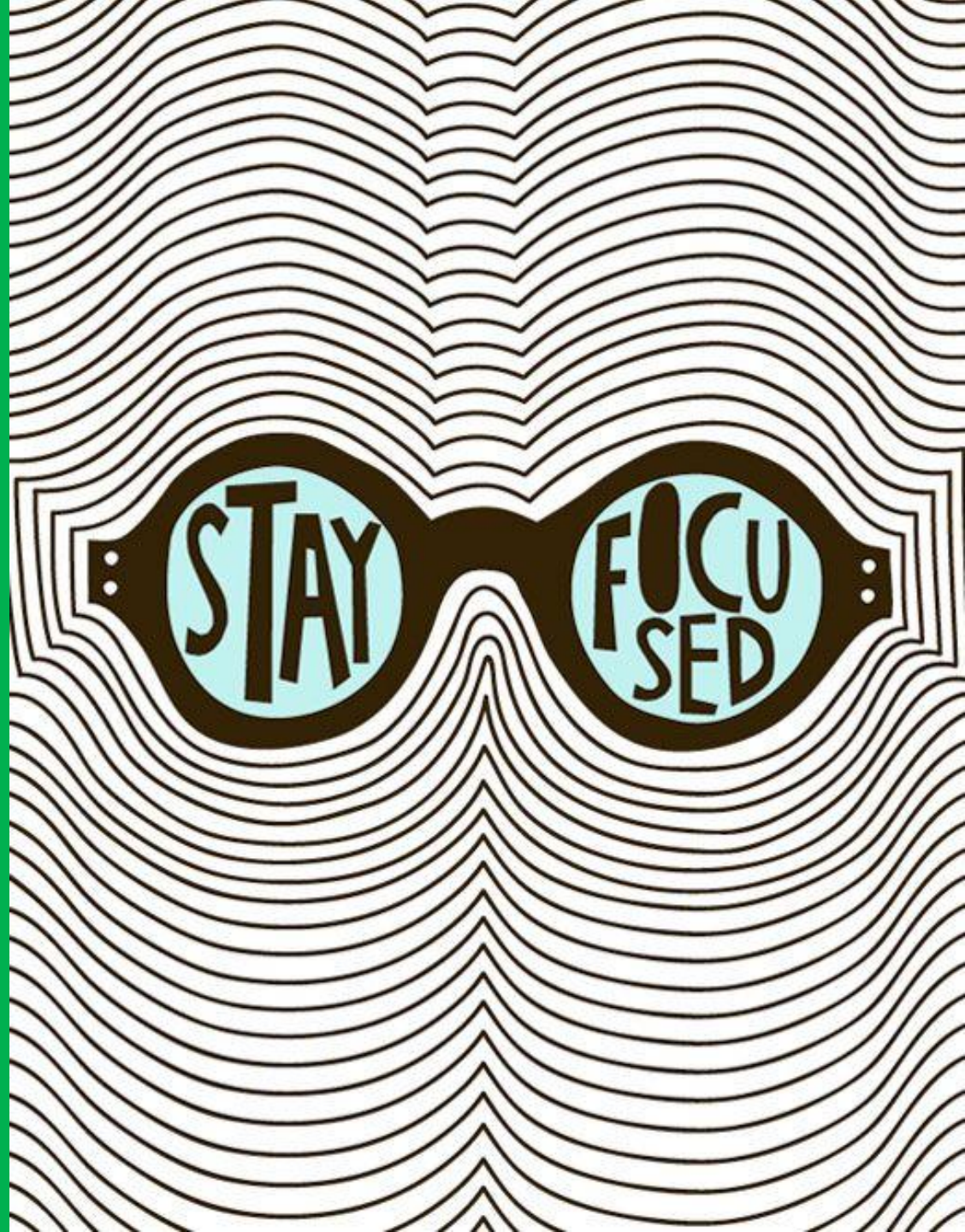
Even if you're not, pretend to be.

From the moment you step on the airplane to go to Australia – know that you belong in this team, so **ACT** like the great athlete you are.

Strong, positive body language primes your brain to feel more confident

Focusing on the correct things at the correct time will help you perform your best. Just control your controllables

REMEMBER: sometimes best focus is no focus! There are times that you need to get your mind off competing and give yourself a mental break.





Get out of
your head

Don't
overthink it

BREATHE!

Deep breathing is one of the best ways to control nerves

↑↑↑
INHALE



↓↓↓
EXHALE



↑↑↑
INHALE



I will not let anyone walk
through my mind with
their dirty feet.

- Mohandas Gandhi

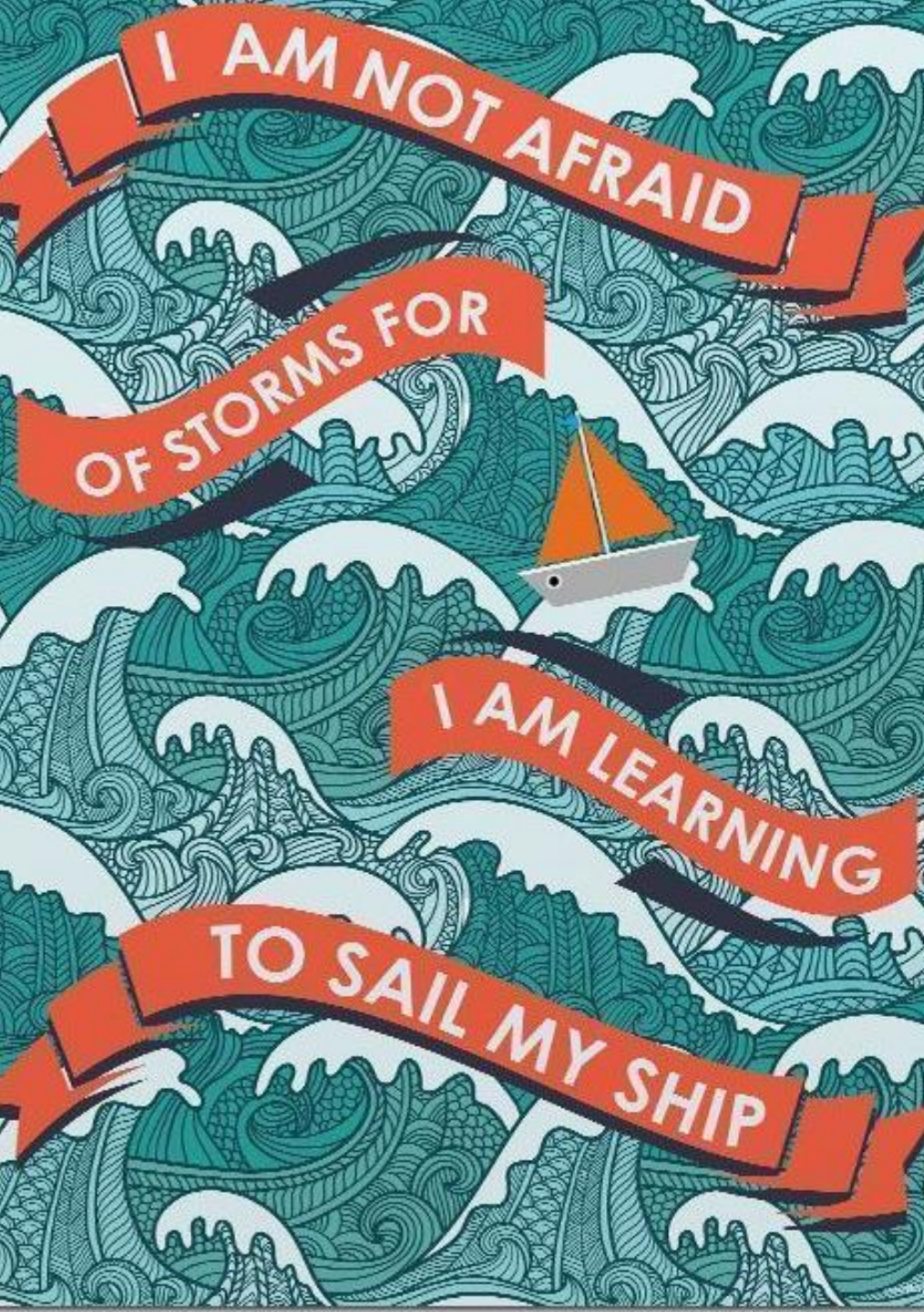
Some of the worlds
greatest athletes will be
at the Games –
**don't let them get into
your head**

You are not supposed
to do this on your own
– use the team around
you for support



Don't ask

But yes, I could use some help



Trust your preparation

Trust yourself

Trust the process