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Sports coaching for success

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Abstract

The case study describes a program that has been developed utilizing techniques and instructions to help athletes to make changes consciously and unconsciously. Techniques include, but are not limited to observation, sports hypnosis, NLP, experience of the transpersonal and regression work related with psychotherapy. They have been developed after much diligent research, and sessions done with top-level athletes including Olympians, over the last 18 years by a Sports Hypnotist and Mental trainer. The basic idea for my due diligence on the program and research thereafter is to highlight the importance and initiate the inclusion of a sporting activity: being necessary for the healthy growth of an individual, as well as for society as a whole. Being sporty, means to be able to open your-self up with unlimited scope and go beyond the barriers of the norms of individual thinking. A sportsperson engenders society towards building it as a healthier community. I was given the task of working with the target age group of 14 years- 24 years of age: both boys and girls. My focused task was to understand the program content and apply my own critical thinking skills to witness the efficacy of the program. My interaction with the group, helped me build the questions, that would make the program participants much more responsive to use the tools therein. Since the age group is closer to my age than the therapist: my observation of the application of the program was critical to its success. I found it very interesting to notice how an athlete applies his mind to contemplate over his own skill set. I learned that most times knowing a skill and having the ability to work to meet it, means two different things. I found it difficult at first, yet once I interacted with eth group I found it was much simpler to work on constructing the questions pages. The response on the question pages, created the road map for the therapist to design the rest of the content: to understand the efficacy of the program content delivered so far, and to ensure that the tools were being absorbed and utilized by the participants.

Keywords: Sports, training, techniques, brain, body

1. Introduction

When we talk about the human body, Brain is the greatest energy puzzler, being responsible for regulating all physical and cognitive processes and consumes 25 percent of its fuel supply. The basic model of this program consists of three stages of in-depth looking to create an impactful result

1. The first stage: The triangle – The triangle implies building three basic qualities – Awareness, Strength and confidence. Basically, it enhances the primary skill set to meet the changing needs of a competing athlete.
2. The second stage: A circle implies building – Focus and Trust. Here an individual is trained in a full-time circular process for gaining their understanding and knowing of their inward stability.
3. The third stage: The Heart encourages the improvisation of their strengths to integrate and facilitate their skill set. This is the most important stage for my study: to trigger the heart and its multiple associated components, to enable individual growth. This is their key for success.

The various programs in different sporting agencies provide somewhat close to the same thought processes yet this program has its unique training components: consisting of all three stages to an individual can become capable for what it is best for. I have learned that for a sportsman to function its brain at peak efficiency: his brain needs a constant supply of vitamins and minerals from the blood for the neurons to efficiently communicate and to protect the brain cells and the membranes.

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2. Current Scenario

The mind is the body's controlling force, if an act goes wrong - it's the mind at work!

Your mind is always with you, however, you may benefit from its tremendous capacity to make unconscious changes for you – only when you learn to harness its true power. Your

answers above may have been conscious responses – however, everything is stemming from the ninety percent subconscious space within that stores all your data. It is your subconscious that we will learn to re-program, to make re-learning possible with ease.

Table 1: Individual feels about training after a session at academy on different parameter

Name	S. Sri Dattatreya Reddy	T Vamsi Krishna	K Satya Nwvayo	Vinayak D Dandarath
Sports Profession	Badminton	Badminton	Badminton	Athlete
Parameter				
Is it easy changes to meet my needs	Yes	Yes	Yes	Yes
Energetic after being a part of this workspace	Yes	Yes	Yes	Yes
I certainly feel more	Happy	Delighted	Curious	Happy
Stronger and more independent	Yes	Yes	Most Definitely	Yes
Got a positive change and shift to meet the needs of the Universe	Most Definitely	Most Definitely	Most Definitely	Yes
How my mind works will define my ATTITUDE more meaningful	Yes	Yes	Most Definitely	Yes
PRESENCE is not something I need to seek: it's a quality I need to be present to.	Yes	Yes	Yes	Yes
I like or dislike something: it can shift with total ease			Most Definitely	Most Definitely
Athlete-Give importance to emotions because it is relevant to performance				Most Definitely

3. Case Study

Case: I was given an hour to interact one on one and with the entire group to know how they were responding to each section and significantly how they were applying each tool to address their own technical, emotional or mental issues.

While my aim was to empower myself to learn how perhaps an athlete used mind training and how effective it is: I believe I was able to empower the athletes to realize their true potential in many ways. I believe this was possible as I was able to assist them to interpret some of the really simple tools that were offered to them. In influencing greatly a learning that will stay to support them during their entire life, I trust I have influenced them in very magnanimous ways

Description of one mind trajectory initiated during the program and understood by me.

The Autonomic or Involuntary Nervous System is a part of the nervous system that controls the muscles of the internal organs such as the heart and glands.

The sympathetic system (the emergency room): keeps the body on alert, so in the face of a threatening stimuli, it helps a person fight or take flight. In preparing your body for physical and mental activity it makes your heart start pounding faster and stronger, dilates the pupils, inhibits digestion, open up your airways so you can breathe more easily and speed up the flow of blood to the muscles that are engaged in the 'flight or fight' response. Spending an inordinate number of hours engaged with the sympathetic system will increase the levels of 'cortisol' the stress inducing hormone.

The parasympathetic system (the healing room): has almost the exact opposite effect for it 'rests and relaxes' or 'tends and befriends', relaxing the body and inhibiting or slowing many high-energy functions. While it slows the heart rate, it is relaxing the sphincter muscles in the gastrointestinal tract stimulating digestion and it is conserving energy. This capacity to keep the body within the healing room tends to decrease the secretion of adrenaline, increase the firing of chemicals called endorphins thereby inducing feelings of well-being for the body and mind to reside in harmony. These 'happy hormones' interact with the receptors in your brain that reduce your perception of a threat. Serotonin an important neurotransmitter created by the microbes in your 'gut' and

'pineal gland' in your brain: regulates your mood, social behavior, sexual desire, sleep, and memory function.

The participant learned this basic 'cortisol' reducing daily exercise that clearly directs their every response away from the 'fight or flight' to the 'rest and befriend' response. Part of what they have been initiated to do during this training is: Every morning as soon as you become aware that you are awake, much before you start to become aware of information that your mind brings forth, place your dominant hand on your tummy exactly above your navel and take a longer than deeper breath in. Hold on to this breath for a few comfortable moments and as you exhale observe how your tummy caves in as you do say the word 'relax'. Take this relaxed deep abdominal breath in and out, five times in the same manner each time ending with the word 'relax'.

This will gradually anchor the 'rest and relaxation response'; so, in the real situation during practice or performance at a completion when stakes are high – a person is able to bring himself to trigger the parasympathetic system and feel calm enough to play to meet his skill and compete fiercely.

Interview for Ruhi Raju, US number one - badminton under 17- 2017

Questions framed by Karam Singh after interviewing participants and making many multiple edits with Radhika, the therapist

Karam: I learned that it is me who needs to use my mind to focus. I cannot let my mind dictate or get the better of me.

Ruhi Raju: My greatest learning

Karam: The way I think influences the way I feel and further the way I behave or act.

Ruhi Raju: I'm trying to be conscious of how I think

Karam: I have a unique equation with how I see my sport.

Ruhi Raju: I'm creating that equation

Karam: When I can bring focus on moments from my past: I can recreate my past with all its experiences and bodily feelings therein. I can harness these hidden impressions to create a new feeling state that I may be needy of.

Ruhi Raju: I can capture moments in store them in that way I do not internalize them as much and let them interfere with my performance.

Karam: I can bring more awareness to how I THINK, what my BELIEFS are and what I KNOW about my journey as an athlete.

Ruhi Raju: So, I think less - believe more and know my game better

Karam: I do carry around a significant 'thought bank' around my sport, that I may choose to engage with or dismiss.

Ruhi Raju: I used to think a lot now I know how to quieter my mind using this program, so I can dismiss my irrelevant thoughts

Karam: I have many thoughts, perhaps I need to select the ones I need to keep and do away with others.

Ruhi Raju: 100 percent true

Karam: I realize there IS a difference between thinking and believing. It makes me realize I need to strengthen my beliefs and sift through my thoughts.

Ruhi Raju: My beliefs dictate how i feel n how to act so it's most significant to know the difference

Karam: Perhaps this is the first time I am noticing a difference in my state of being 'motivated' and 'joyful'.

Ruhi Raju: Yes, I realize the adrenaline rush is to be used to motivate me and feeling of joy only excites me for a while then o feels down so the different states are to be used mindfully

Karam: I also realize the difference between trusting what I know and simply knowing things.

Ruhi Raju: trusting my known skill and knowing my game is a huge distance - now I can analyze both

Karam: I understand my body has two kinds of responses that trigger unconsciously and that I can make a change by training my mind to move towards my state of calm.

Ruhi Raju: Most technical based responses are subconscious and I'm training my mind to bring my state of calm

Karam: I can visualize effectively, and this can be a healthy tool to sharpen my skill set.

Ruhi Raju: I'm trying to visualize effectively

Karam: My mind and body are quick to make healthy associations with efficiency simply using repetition. Making simple associations allow me to remain more Goal-oriented.

Ruhi Raju: Yes, on both

Karam: Each one of us is exponentially resonating with every part of our inner factory. The movement in one part reflects elsewhere.

Ruhi Raju: totally true discovering now with the program how my mind effects my body n my game

Karam: I may be noticing some resistance when I reflect upon my game. These are healthy initiations and I need to work on these as I go along.

Ruhi Raju: I am working on all of them

Karam: The word 'success' is already creating a sense of responsibility that makes me feel energized and further motivated to work towards it.

Ruhi Raju: I'm totally getting inspired by the word itself - in fact I need it to make me move forwards feeling motivation

Karam: I understand more that knowing my technique is not good enough, knowing my mind that knows my technique is something unique and a space to be explored much more.

Ruhi Raju: using my ability in sync is the best yes, I agree

4. Future Scope

During the time I sat for my preliminary research sessions with Radhika (A well-known sports trainer in Delhi), I found that even though athletes had done sessions with mind trainers, they felt a lack of total improvement in their skill sets. I discovered that even a seasoned athlete needs a

constant kitty of skill sets and mind tools, anchors, triggers being: ways to dismiss failures and tools to enhance their chances at perfection. Being and feeling confident after training long years and working daily to move toward perfection - was top priority. However, unless the athlete was trained to understand how to bypass the conscious mind and make way into the subconscious – there would be very little he could do in getting out of his own way during the time of competition when the stakes are high and anxiety is at its peak. The kind of training done over months ahead of the competition -was required needed to include all elementary tools and methods that made athletes think out of the box: so, they were open to the possibility to making inroads into the subconscious. The subconscious being the single most powerful goal-achieving agency known to mankind, needs to be addressed, understood by experimentation with the already existing mind maps and re-trained using simple methods.

5. Conclusion

I gained insight about how the mind works, what are the different roles of the ten percent mind; being the conscious mind and the ninety percent mind; being the subconscious mind. My conclusion was that most effective learning for any athlete was perceived when they were given tools to work with on their own. This ensured that they felt independent and responsible to make changes for themselves.



Mr. Karam Amrit Singh is a student of class 12 at The Shri Ram School Aravali. Karam is part of the student's council in his school. Elected house captain where he leads 350 students. He was elected wise captain in class 11 too and has been the representative since grade 9. Karam was also the house captain in junior school, hence displaying leadership skills since a very young age. He is a keen football player. He has represented his school and state for many football matches. He is a very gentle and sincere boy who leads by example and with humility. His subjects in high school are economics, math, English, political science and Physiology. His stint shadowing Radhika Kawlra singh a renowned mind trainer for sportsman was the perfect learning ground for him as a sportsman and leader. Karam used his physiology lessons of the isc curriculum and the real-life impact of mind coaching for success through a detailed case studies of athletes preparing for the 2020 Olympics. Karam is an honest and conscientious boy. He has earned the love and respect of his teachers, friends and family by his sincere and hardworking nature

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