



Youth First

The Sports Education and Leadership Program at
UNLV
Parents Learning about Youth Sports
7th and 8th grade girls, Volume 2, Series # 3

How To get Motivated For Competition

Motivation plays a big role in measuring success in sports. Motivation and determination is a big factor in how far an athlete will develop. With this characteristic added to an athlete's make-up, the athlete will begin to reach his or her potential and begin to rise to the top.



Here is an idea

Positive energy enhances motivation. Positive energy refers to being energized from positive sources such as team spirit, which involves encouraging each other with words, gestures, or expressions. The skill of using positive sources to fuel your performance is a way of increasing your motivation. With positive energy fueling your athletic performance, the body can remain calm, be without unnecessary tension.

Self-Talk Affects Motivation and Confidence

Top performers mentally use positive self-talk to help them with their athletic performance. By making some small adjustments in your self-talk, you can create feelings of confidence and motivation. Top performers use two types of statements in their self-talk: encouraging statements and instructional statements. Encouraging statements such as, "You can do it", "Never let your opponent think that he/she has an edge over you".

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Inside this issue:

<i>Motivation for competition</i>	1
<i>Using positive energy</i>	1
<i>The Affects of Self-Talk</i>	1
<i>Beliefs That Support Motivation</i>	2
<i>Maintaining Motivation</i>	2
<i>Secrets of Being</i>	2

Special points of interest:

- *Positive energy enhances motivation.*
- *A positive self-talk will help you gain motivation and confidence.*
- *Athlete's should never be afraid to lose, just use it as a learning experience.*
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Beliefs That Support Motivation



You never know what you can do until you try

Top performers tend to have a high level of self-confidence. They know what they want out of life. They know how to use their strengths to reach their goal. They tend to take more risks, but they are not afraid of losing. Losing should not be looked upon as something that happens to athletes who do not work hard or just gives up. But losing should be looked upon as a learning experience. Remember the feeling of losing and what you think you could have done to prevent that loss. Then tell yourself, "I will never feel this way again, I am not losing again".

"Motivated people know that their toughest opponent is themselves"

Maintaining Motivation

Once you have sustained motivation, now the question is how do you sustain it? There are many ways to maintain motivation, but the most simplest way is to just remain optimistic and never give up. In order to be a champion, you have to have good mental preparation. Continue to visualize yourself on top of your opponent. Even if you make a mistake, you have to be able to forget about it and continue to play. Do not let one thing take away your focus.



Reach for the stars and once you have them, then reach for the moon.

Secrets of Being Motivated

Being motivated means that you have to begin to think like a winner and act like a champion. In order to do that you need to know how motivated people think. Motivated people know that their toughest opponent is themselves, they visualize themselves succeeding, set goals and make commitments to their goals, and they are motivated by their desires to achieve. You can become a motivated person if you use these techniques and apply them .GOOD LUCK!!