Helping Your Daughter Succeed

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What can sport teach your daughter?

- Hard work
- Goal setting
- Perseverance
- Self-confidence
- Respect for Self and others

OR

- Entitlement
- Finding easy way out
- Stress, Anxiety
- Feelings of inadequacy
- Poor social skills
It depends on the adults who are involved in the child’s experience
Qualities Associated with Success

• Passion for the activity
• Focus
• Deliberate practice
• Perseverance

*Talent is Overrated* by Geoffrey Colvin
*Talent is Never Enough* by John C Maxwell
QUALITIES OF MENTALLY TOUGH ATHLETES

• Thriving on the environment of competition
• Accepting that competition anxiety is inevitable and knowing that you can cope with it
• Not being adversely affected by other’s good or bad performance
• Pushing back the boundaries of physical and emotional pain, while still maintaining technique and effort under distress (in practice and games) (Practice= Mini-Games)
• Regaining psychological control following unexpected, uncontrollable events in competition. “Expect the Expected”
ELEMENTS OF MENTAL TOUGHNESS

GRIT

GROWTH MINDSET
GRIT
RESILIENCE
INTEGRITY
ENACITY
GROWTH
GRIT
More relevant to success than Intelligence, Talent, Skills (Duckworth)

- Courage to see failure, errors as steps to success
  - *Courage is like a muscle: It has to be exercised daily.
    Ignored, it will atrophy*
- Strong work ethic: Do the small things, complete tasks
- Quality practice (not just show up for practice): **Practice with a Purpose**
GRIT - II

- **Resilience**: The strength to persist when faced with obstacles
  - *Everything will be alright in the end, and if it is not alright, it is not the end.*

- **Excellence vs Perfection**: Excellence is an attitude, not an outcome. Excellence is not afraid of mistakes. Perfection is.

- To build exceptional skills train at the edge of your current abilities: Reach/Fail/Learn and Reach again

- Getting better is not pretty: You are going to be bad first. Growth comes from the struggle *(Trainugly.com)*
GROWTH MINDSET

• You are not your performance
• Focus on **Improvement**
• Key to Success = **EFFORT**
• Use **feedback**, seek it out.
• **Mistakes** = Learning Opportunities

**Skills are built, not born**

*If you are going to achieve anything worthwhile, there is bound to be pressure. Mental toughness is being resilient to and using the competition demands to get the best out of yourself.*

Mindset, by Carol Dweck
So How can you help?

- Emphasize “CONTROL THE CONTROLLABLES”
  - Attitude
  - Effort
  - Self-Control
  - Learning from mistakes

What are Non-Controllables?:
- Other gymnasts, Scores/Judges, Order of events…
Stay with the Process (not the outcome)

• After a competition ask: What did you do well? What did you learn? How have you improved... (Notice you are Asking and Listening, not Telling!)

• Help put it in perspective! A tragedy is a serious illness, an accident. A bad competition is a disappointment. Help them distinguish.

• Encourage them to keep trying if the goal is still what they want
It is her activity, not yours

• Do not get overinvolved!
• Do not try to coach, judge, choreograph….
• Show respect and demand respect for other gymnasts, for coaches, for judges…It is life education!
• Do not threaten to remove her from the sport because of results
• Remember that it is a voluntary activity. If it becomes a job it may not generate passion any longer…
After a success

• Also put it in perspective.
• Being successful in sport does not mean one is a more worthwhile person: She still has to work at it and take the garbage out or do dishes..
Why is it so hard?

• Your own emotions
• Wishing to protect her from all disappointments
• Wanting a fair world
• Living through her, wanting it more than she does

• Remember: You don’t overcome challenges by making them smaller. You overcome them by making yourself bigger!
Instead of removing all obstacles, help your daughters grow stronger! They are capable of so much more!!!