



Athlete Health and Wellbeing

Athlete Responsibilities

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Hello again coaches, parents and athletes and thank you for taking the time to continue reading these articles. Today's block of information is athlete centred as we are discussing the responsibilities of the athlete to be physically and mentally prepared, however the role of the coach and guardian should be acknowledged.

Physical and mental preparedness, in my opinion, can be split into 2 frames:

1. preparing for each session individually and,
2. using a training block to prepare for an event.

Day by day training sessions require an athlete to be prepared in the sense that they have adhered to their nutrition and sleep plans as well as considering their training load as well as being able to mentally switch focus to volleyball. This is no easy task to complete especially for younger athletes however it must be primarily the responsibility of the athlete as they are the only one who can truly control these things.

In regards to how we can prepare using our training block, it is important for any athlete to value each and every training opportunity; whether it be on court, in the gym or random opportunities. This can easily be achieved by completing SMART goal setting activities either by yourself or with assistance from your coach/ high performance manager.

The take home message from this is that each and every athlete has a responsibility to themselves and to their team in order to be prepared for trainings and for events. The best players in any sport find solutions instead of finding excuses!