

Don Singe

Overview:

Bring your best: You need to be an attractive asset

- 1: Genuine energy, brought about by your passion and excitement to bring change, whether that is physical or mental.
- 2: Work ethic, always laying foundation, putting 1 %ers in and reviewing your work.
- 3: Knowledge, find ways either academic or experiential to validate your process, this is always evolving and flexible but essential ingredient of legitimacy.
- 4: Demonstrate, you do not need to be the fastest, biggest or strongest but you do need to facilitate effective methods to produce these qualities be it practice or resource.
- 5: Everything you do is a live streaming CV of your qualities, especially when you are not being supervised or witnessed.
- 6: Align yourself to coaches, managers and players. They are your references to future prospects both as advertisements of your qualities and examples of your deeds.

Changes in the area of Strength and Conditioning and High Performance

- 1: GPS, precision in performance analysis through position and velocity of motion, true quantitative and qualitative data snapshots of activity.
- 2: Live feed accessibility, adjust as you go, realtime alter and stay within measured parameters. Every session is effective. This is the same for indoor Suunto or Polar sessions. Generally more measurement modalities to capture empirical numbers in the gym and outside on the field.
- 3: Recovery Protocols, Contrast methods (ice baths), Cryotherapy, Supplementation, Daily Markers for FMS, Daily Wellness Questionnaires, Compression, Compex stimulus units, Nutrition Coaching. The timing and adding of these recovery modalities to the training week and sessions extends the training day but offers a capacity to train with increased intensity.
- 4: Increase in practical Psychology and mind coaching platforms for players both in competition and healthy mind lifestyle coaching. Player welfare and development. Player longevity.
- 5: Less interchange, 2 referees. An increase in demand for middle men in vo2/ anaerobic threshold and mobility. A faster game because of officials and higher avg speeds of the game in motion.

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An area I believe I have mastered is the ability to engage athletes when challenged with “discipline” or “negative training response” issues. The following is a model I incorporated in 2005 and still use till this day.

Discipline

Trust

Trust the STAFF and program set for you

Integrity

Self application and compliance to integrate yourself without compromise into the program

Accountability

RECOGNISING any self failing to APPLY trust and integrity and accepting
CONSEQUENCE

=

PHYSICAL and MENTAL

RESOLVE

I have always prided myself on making tough, resilient athletes. Athletes who can perform physically under extreme duress. Athletes who can compete mentally and physically when exhausted, athletes who can override adversity and select good cognitive process. Athletes who THRIVE in the dark places!

Therefore

After forging and exposing them to daily challenges to instil a sense of competitiveness at the most elite level. What is my expectation from them if I challenge them to fight?

Like children, choose your battles wisely, reason, calm, educated and non-emotional approach always has gained me a positive result. I proudly exclaim I have not suffered the indignity of a stoush with one of my athletes or fellow coaches, head coaches plenty. That’s a whole different presentation.

Remember who you are wrangling with and switch to tactical.