

RETHINKING PR'S & PB'S



Developing a Championship Mindset

BIGGEST MENTAL CHALLENGE IN TRACK AND FIELD

You PR



You do not PR





HOW DO THEY RESPOND?

- **FORM OF ASSESSMENT**
- **MOTIVATION?**
- **WELLBEING?**
- **RESILIENCE?**

WHY IS THE OBSESSION PR'S PROBLEMATIC?



**Not learning how to
compete**



**Outcome driven
motivation**



**In championship
environments PR's
are rare**



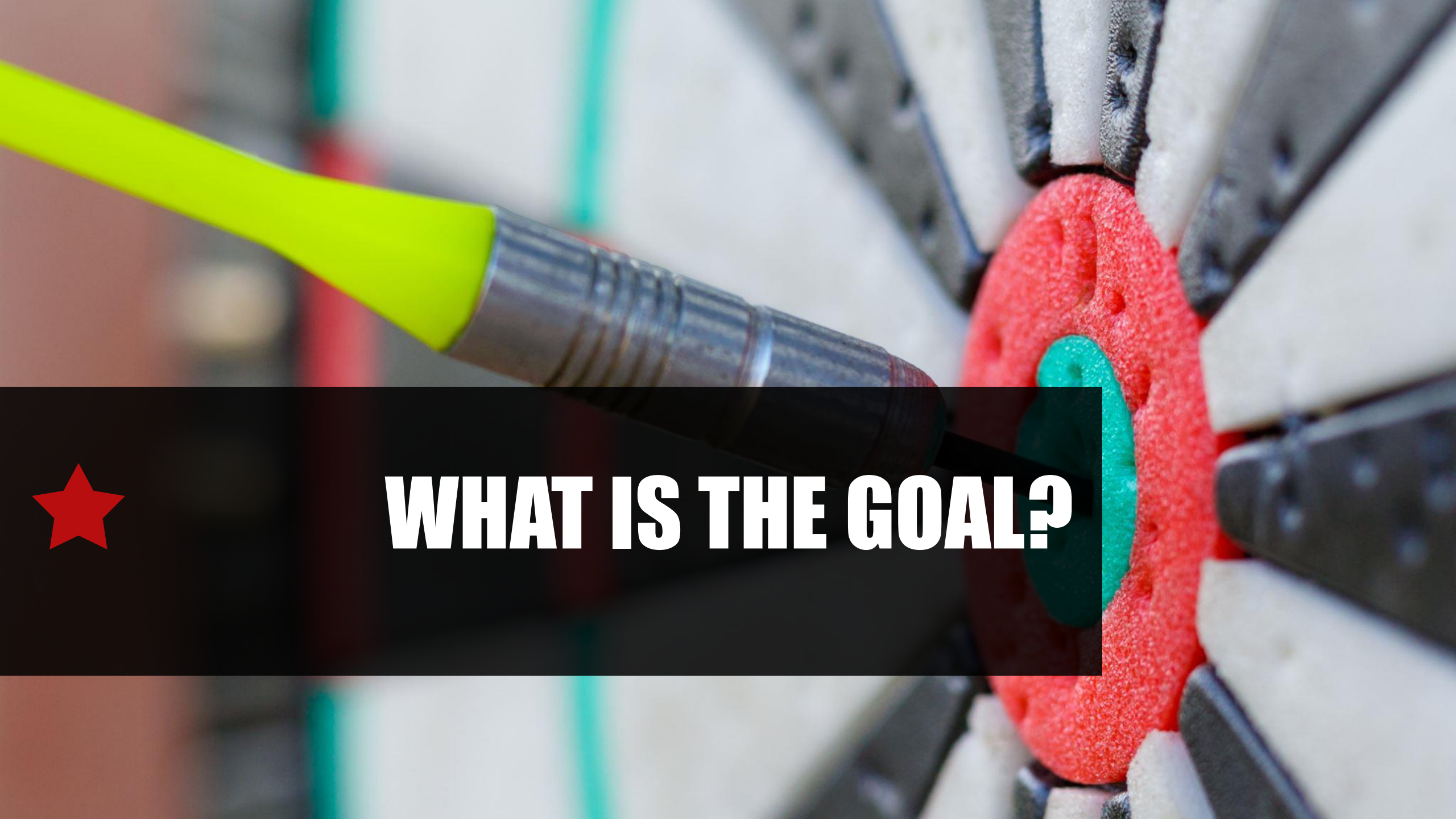
**Fosters a mindset
that you have to PR
to do well**



**Overidentify with
performance
outcomes**



**Fear of failure and
avoidance
motivation**



WHAT IS THE GOAL?

The background is a dark blue, textured surface. It features a repeating pattern of interlocking puzzle pieces. Overlaid on this pattern are several concentric circles that resemble the teeth of interlocking gears. The lighting creates a subtle gradient, with the word 'CONSISTENT' appearing in a bright white, bold, sans-serif font in the center-left area.

CONSISTENT



**20 YR CAREER AVG.
25.0PTS**

AVERAGE PR

Pick an athlete you coach

What is their PR?

**Take their top 3-5 performances
and average them**

What is the Avg. PR?

AVERAGE PR

- **WORK TO IMPROVE THE AVERAGE PR**
- **THE MORE CONSISTENTLY CAN PERFORM AT OR NEAR PR THE BETTER**

FOCUS ON THE PROCESS



IT IS NOT ABOUT THE STOPWATCH OR MEASURING TAPE

BENEFIT OF USING AVERAGE PR'S



**Focus on learning to
compete**



**Process driven
motivation**



**In championship
environments Avg PR
often gets it done**



Fosters resilience



**Healthy identity with
performance
outcomes**



**Courage, challenge
and approach
motivation**

FEELING GOOD IS OVERRATED

Get in their head based on how their body feels

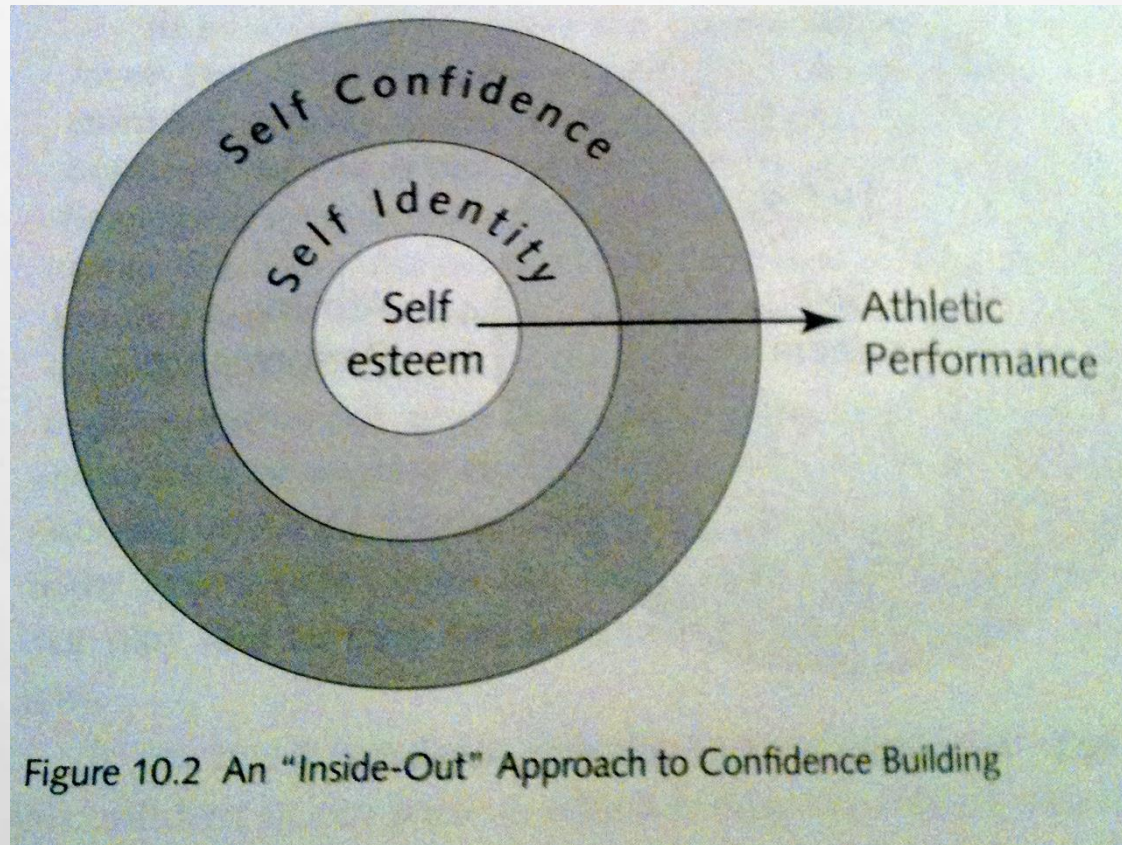


If anything feels off, worry and doubt



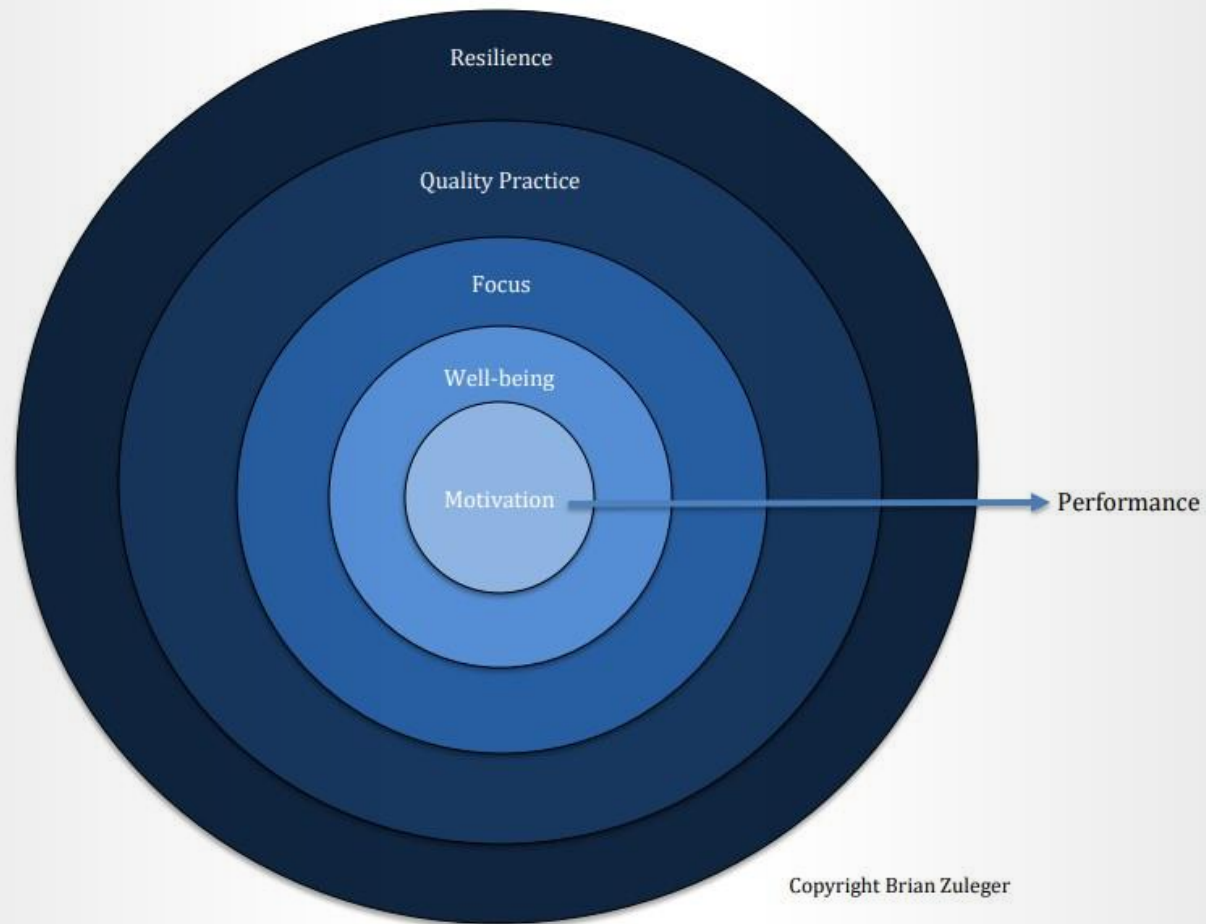
Do not have to feel good to perform well

INSIDEOUT APPROACH TO CONFIDENCE



Inside Out Model of Performance Excellence

Building Mental Strength from the Inside Out



DR. BRIAN ZULEGER, CMPC



ADAMS STATE UNIVERSITY



ARETE PERFORMANCE LLC



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