

## Information for Athletes

Over the past few years, sports performance has dramatically improved. For example, just during the recent Olympic Games, numerous records were broken. The record-breaking athletic performances of yesteryear are no longer impressive. Is there a reason for such striking advancements? The answer is not simple as there are many factors that have affected training during the last few years. One thing is certain: advances in science and technology have made the process of training progressive and dynamic. Training is becoming increasingly more dependent on applying reliable, objective data and the laws of nature and probability, rather than opinions and different philosophies. This should apply to all aspects of training: physical, technical, tactical, and psychological.

The use of objective measures and reliable data is easier in some aspects of training than in others. For example, it is relatively easy to measure VO<sub>2</sub>max, time of the 20 yard dash, and outcome statistics, but how can we measure concentration, relaxation, and the ability to rebound after a poor outcome? Can we see the long term improvement in these mental skills? Furthermore, how can we relate these skills to an athlete's sport and measure them as he or she performs in the field? Finally, how can we make mental skill training systematic to increase the probability of peaking at a major competition (using periodization principles), reduce stress, and prevent slumps, and/or burnout?

Hourglass Performance Institute® (HPI) was created to answer these questions. It is our mission to provide athletes with a mental training framework based on many years of research. This framework explains how performance outcome is the combination of preparation and execution of technical, physical, and tactical components. With state of the art technology, HPI assessment and training protocols consist of mental preparation and technical execution measures to explain the outcome.

Using HPI services, mental skills can be assessed and trained individually or within groups. HPI assessment and training protocols are tailored to the needs of the individual (or group) to fit within the competition schedule. The protocols can be used in addition to existing mental training programs for evaluation of progress and enhanced learning. Utilizing technology, mental skills can be monitored and assessed online, allowing athletes to communicate with HPI when travelling. Depending on availability, HPI staff are also able to travel to competitions.

Our aim at HPI is to train mental skills that would enhance one's growth, not just in performance, but also in life, daily functioning, and overall character. According to numerous world class athletes, to reach one's full potential, mental and emotional practice has to be incorporated daily into training. By doing so, athletes positively affected factors necessary for ideal performance outcomes, such as balance, coordination, timing, routine, and rhythm. To learn more about these measures of mental skills and their effects on performance outcomes in sports, contact HPI. At HPI, results matter.