

ENERGY: EXERCISE # 1

Arousal Regulation Exercise: Finding Correct Arousal Level

Everyone has an Energy Target Range. Athletes are at a great advantage if they know what arousal level works best for them. Over aroused athletes can become subject to nervousness, muscle tension, or can become too narrowly focused. We have also seen athletes who simply can't get fired up enough to focus all their energies on a performance. According to Dan Gould, one of America's leading performance experts, a good way to picture the correct arousal level is to use the example of a thermometer. Too low, you may not be warmed up enough to compete at your best; too high, and you may not be able to focus enough on the job at hand.

To figure out your ideal energy level think of some of your best and worst competitions. Try your best to remember how your body felt before and during those performances. Rate your arousal level on a scale from 1-10, one being the lowest arousal level and ten being the highest. What does a '5' mean to you? Is it more or less desirable than an '8'? Perhaps you like activation toward the high end and are comfortable humming along at 8+. Or perhaps you need some peace and serenity to be ready to perform.

	Muscle Tension	Heart Rate	Breathing	Anxiety
Best Performances				
Worst Performances				

Now, try to specifically remember times when you were too "amped". Describe what your body felt like at that time.

What does your body feel like when you are too 'flat' to train or compete?

Now compare the differences. Is there a difference? This will provide some clues to establishing your optimal "Energy Target Range". Since energy levels are important in deciding about optimal performance readiness this comparison will help you in performance plan design as well.



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What do you think is your "Energy Target Range"?

How will you incorporate energy management into your routine to have an "Optimal Performance Readiness State"?
