

## GOLD MEDAL PROFILE – PSYCHOLOGICAL



PSYCHOLOGICAL SKILL	DESCRIPTION	ASSESSMENT PROCESS
<p><b>Work ethic/Discipline/Grit</b></p>	<ul style="list-style-type: none"> <li>• Persistent, long term pursuit of goals despite ups and down</li> <li>• Insatiable desire to pursue excellence</li> <li>• Internalized motivation</li> <li>• Goal-based approach to preparation – sets and reflects on goals</li> <li>• Steps outside of comfort zone and confronts weaknesses to improve performance and</li> </ul>	<p><b>STEP 1:</b> Athlete and personal coach work together to identify potential gaps in one or multiple of the 5 described areas of psychological prowess.</p> <p><b>STEP 2:</b> Coach applies tools available to him/her in order to close the gap(s). This can be done in consultation with Tennis Canada’s coaching staff (national coach, touring coach) and their network of sports psychology experts</p> <p><b>STEP 3:</b> Should coaches feel the need to consult</p>

	develop mental toughness <ul style="list-style-type: none"> <li>• No zero days in preparation</li> </ul>	subject matter experts, a sport psychologist will be tasked to address the areas of concern. Tennis Canada works with a series of sports psychologists and mental coaches and will help identify a suitable expert  <b>STEP 4:</b> Sport psychologists will work with athlete in 1 on 1 session over a certain time span and create a targeted program and tools to help athlete and coach address the identified gaps.  The Sports psychologist may apply some of the recognized standardized assessment tests, such as <ul style="list-style-type: none"> <li>• Duckworth Grit Scale: 12 questions</li> <li>• Ottawa Mental Skills Assessment</li> <li>• Test of Performance Strategies (TOPS):</li> <li>• Other targeted tests/questionnaires</li> </ul> in order to assess the existing gaps and recommend targeted solutions.  <b>ASSESSMENT TOOLS AND MEASUREMENT PROCESS:</b>  The assessment of an athletes psychological strengths and weaknesses can be done through a variety of tools. Some of these consist of the analysis of learnings gathered through match and practice observation, feedback from athlete and key data gathered through video analysis (i.e athletes % on pressure/big points, wins after first set loss, etc.)  <b>1. Subjective opinion based assessment</b>
<b>Independence &amp; Problem solving approach</b>	<ul style="list-style-type: none"> <li>• Accountable for own preparation</li> <li>• Proactively addresses and solves problems on and off the court</li> </ul>	
<b>Resilience</b>	<ul style="list-style-type: none"> <li>• Not only rebounds from errors/poor performance/failure but uses it to improve and build mental toughness</li> <li>• Adopts growth mindset to build from successes and learn from failures</li> <li>• Views adversity as a challenge/opportunity rather than a threat</li> </ul>	
<b>Emotional Control</b>	<ul style="list-style-type: none"> <li>• Creates positive inner climate during match that allows a player to consistently maximize performance</li> <li>• Capable to consistently play in the "Ideal performance state"</li> <li>• Capable to perform under pressure</li> </ul>	
<b>Focus</b>	<ul style="list-style-type: none"> <li>• Knows how to get oneself ready to train, perform, and compete</li> <li>• Stays in present moment</li> <li>• Stays focused on process especially under pressure</li> </ul>	

	<ul style="list-style-type: none"> <li>• Manages internal and external distractions</li> <li>• Stays focused on controllables</li> <li>• Able to turn focus on and off and shift attention when needed</li> <li>• Able to regulate and channel intensity and emotions</li> </ul>	<p>The assessment of the psychological skill set of a player is often times based on observation and subjective opinion by the athlete himself as well as his/her support staff. A traffic light assessment system can help to narrow down on potential areas of concern and help to decide on action steps for resolution:</p> <p><b>Red Light:</b> The psychological skill is a concern and requires attention</p> <p><b>Yellow light:</b> the skill may cause concern and requires further monitoring</p> <p><b>Green light:</b> The skill is strong and doesn't require further attention</p> <p><b>2. Objective data driven assessment:</b> For certain areas of the psychological profile, data gathered from match analysis can also assist in this assessment process. For example: how are the players stats on 'pressure points'? Does he do generally well with these or are the negative patterns that need attention</p>
<p><b>Confidence</b></p>	<ul style="list-style-type: none"> <li>• Strong, diverse, enduring, and resilient self-belief</li> <li>• Embraces and thrives under pressure and in big moments</li> <li>• Demonstrates confident presence</li> <li>• Expects and visualizes success</li> <li>• Prepares to be confident</li> <li>• Clear athletic identity that drives self belief</li> <li>• Takes ownership over building and maintaining confidence</li> </ul>	

**Notes:**

- The 6 psychological qualities (view left column above) deemed essential for this GMP derive from various sources: 'Own the Podium' material, David Cox' and Laura Farris' recommendation as well as content cross referenced against the Tennis Canada LTAD
- These 6 qualities apply not only to the Winning Style of Play but rather represent a comprehensive set of psychological skills a top athlete should address. Characteristics directly driven by the WSP are:
  - An attacking mindset

- A willingness to take calculated risks
- The ability to concentrate and focus on the process not the outcome
- A strong belief in the athlete's ability to execute the WSP
- Resilience to overcome setbacks and adversity when attempting to execute the WSP