# MENTAL PERFORMANCE IN COMPETITION [MPC] INITIATIVE FOR NSOS

NSOs are supported to design their MPC Curriculum. The AIS will provide consultation, content, training, and funding to deliver the NSOs curriculum through their performance pathway.

# GAMES READY PROGRAM AIM:

Optimising the mental performance of Australian Athletes in competition so as to achieve success at the Olympic, Paralympic and Commonwealth Games.

# **GAMES READY RESEARCH & DEVELOPMENT**

The AIS is investing in research and development to measure and optimise mental performance in competition. Our aim is to share best practice knowledge and science with Australian athletes, coaches, and performance support staff that can be trialled in the daily training environment and ultimately in competition. We are collaborating with university and industry partners and specifically targeting new technologies to advance our understanding of techniques and strategies for athletes and coaches to consider as they prepare for the Olympic, Paralympic and Commonwealth Games.

#### **GAMES READY ALUMNI CONNECT**

NSOs can engage with Australian Athletes and Army Mentors who know what it takes to perform with pressure in conditions of high stress.

Our Athlete Alumni (a) have been to multiple Olympic, Paralympic and/or Commonwealth Games, (b) are passionate about mindset, mental preparation and mental performance in competition, and (c) can share insights and practical knowledge about performing with pressure at the Games. Our Army Mentors (a) have been on multiple tours and understand how to plan, prepare, and execute the mission as individuals and in teams.

At the request of the NSO, Alumni Connect can occur one-to-one, in small focus groups, in the daily training environment or competition, or Alumni can become a part of athletes support network outlined in their individual performance plans (agreed to with the NSO).

# **GAMES READY ACTIVITIES**

The AIS in collaboration with the Australian Army are offering NSO's the portunity to access immersive educational adventure-based activities, as ½ day es and 48-hour camps, to develop knowledge and skills to enhance (a) Mental Performance, (b) Teamwork and Communication and (c) Resilience. NSOs will work with our Games Ready Alumni and Army Mentors to transfer the knowledge and skills to performing with pressure in competition and more specifically perform best at the Olympic, Paralympic and Commonwealth Games.

### **GAMES READY DIGITAL**

Learn about optimising mental performance in competition online. Access digital content including videos, podcasts, live stream forums and Q&As, online education, and the science behind what it takes to be mentally ready to perform best in competition and be on the podium at the Olympic, Paralympic and Commonwealth Games. Learn from athletes, coaches, scientists, and experts in mental performance who want help athletes be their best in training and competition.



To learn more about the Games Ready Program please contact gamesready@ausport.gov.au