

LOVE IN SPORT



Love...

- for your sport
- for your teammates
- for yourself
- for your opponents

The power of



Love

vs




Fear



Exercise

With a partner, discuss any connection to love for self, sport, teammates or opponents came up in Jacob's sessions yesterday.



Love...

- for your sport



Describe why you love fencing

Then make sure that those reasons are central to your approach.

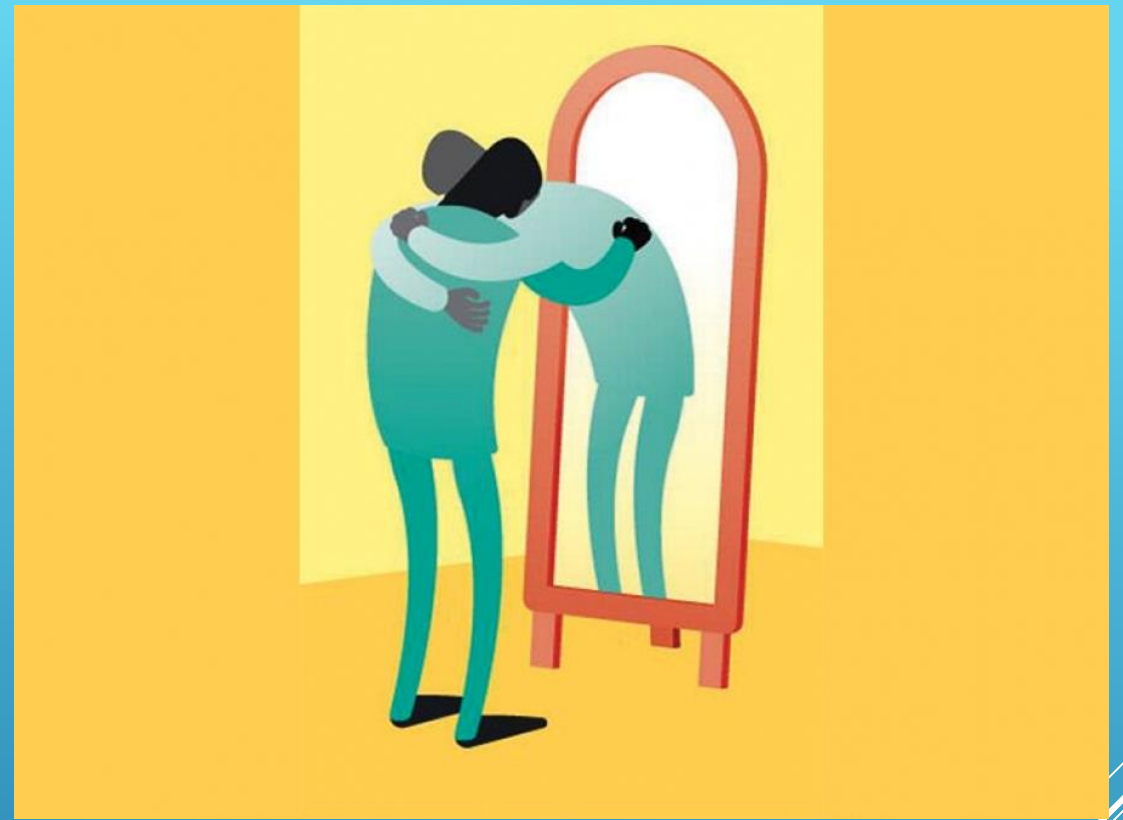
Do you love it because it is challenging both physically and mentally?
So embrace the times when it is most challenging.

Love...

- for yourself

Self- Compassion

Being kind and forgiving to yourself like you would to a close teammate.
Failure and mistakes are a normal part of being human,



Love...

- for your opponents



Release the Oxytocin!

Aim to see your opponents as colleagues who can push you to achieve your best, rather than enemies to be destroyed. That awareness of the connection between you will release oxytocin which is de-stressing and prevents anxiety.


Love... for your teammates/clubmates



Exercise:

why grow your love for your teammates/clubmates?

In pairs or 3's discuss why 10/10 love for your teammates would be beneficial for you and your performance.

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Love... for your teammates/clubmates

“It’s nice to be important but it’s more important to be nice”

From a good friend”

Alexander Jørgensen

Chinese Proverb

“If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.”

Love for your teammates/clubmates

For a fulfilled life, be of service to others


The pursuit to fulfill "my" potential must be replaced with the pursuit to "our" potential. As a family. As a team. As an organisation. As a community. The only true way for any of us to grow, to truly fulfill our full potential, is when we work to help others do the same.

Simon Sinek

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Exercise

Give yourself a rating out of 10 for each of:
love for your sport, for yourself, your
teammates, your opponents

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Exercise

Now identify the area where you think you can make the biggest improvement and come up with a plan for how you will something about it. Share with a partner.

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Love...

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 - for your teammates
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- 