

To: Secretary/ Presidents – SAWF Wrestling Associations
SAWF Executive Management

28 February 2021

SAWFCC CIRCULAR 13/ 2021 (ROUND TABLE DISCUSSION ATHLETE's PSYCHOLOGICAL PREPARATION FOR HIGH PERFORMOMANCE EVENTS)

We will be presenting a round table discussion on the psychological preparation (practical aspects) for elite wrestlers participating in world class events on **Thursday evening the 4 March 2021 at 20:00 – 21:30**. This event will be part of the theoretical preparation during this week's international training camp for the Olympic Qualification Team.

We aim to share the practical experience and knowledge of previous Olympians, Commonwealth Games and World Champions with coaches and wrestlers all over South Africa. The panellist for this event will include **Willem Putter, Hein Barnes, Bennie Labuschagne and Martin Erasmus**.

We will focus on the practical advice and measures wrestlers can use to improve their performance at the highest level. Aspects that we will cover:

- The Right Mindset
- Pre-Match Thoughts
- The Fear of losing or making Mistakes
- Being Aggressive and Resilient
- Preparation for the big day
- Controlling your thoughts
- Partnership with your Coach – Clear Communication
- Winning from behind and losing from a lead

We will live stream the event on the SAWF Facebook page. We will be using the zoom platform as well where registered coaches can join the discussion. Coaches that want to join via zoom must enter on eTMS prior to the event, after which they we received the zoom link via email. Coaches must please make sure their screen name is the same as the name used to enter the event, the event has been loaded as grading course on eTMS. The SAWF Media and Marketing Committee will provide further detail with regards to the live streaming on Facebook.

We look forward to sharing some useful information and practical advice with you, please join us.

Kind Regards

Nico Coetzee - Chairperson SAWFCC

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