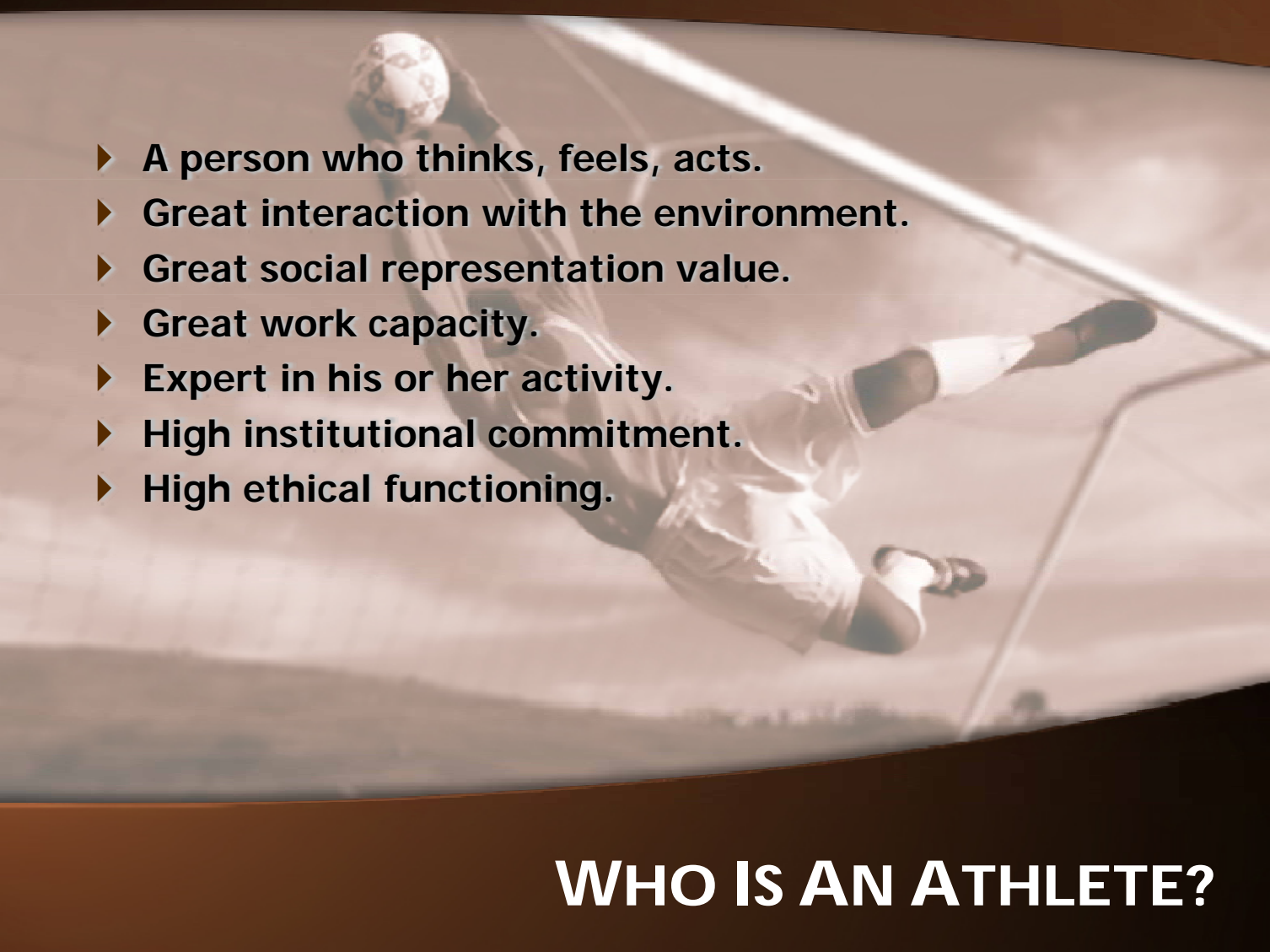


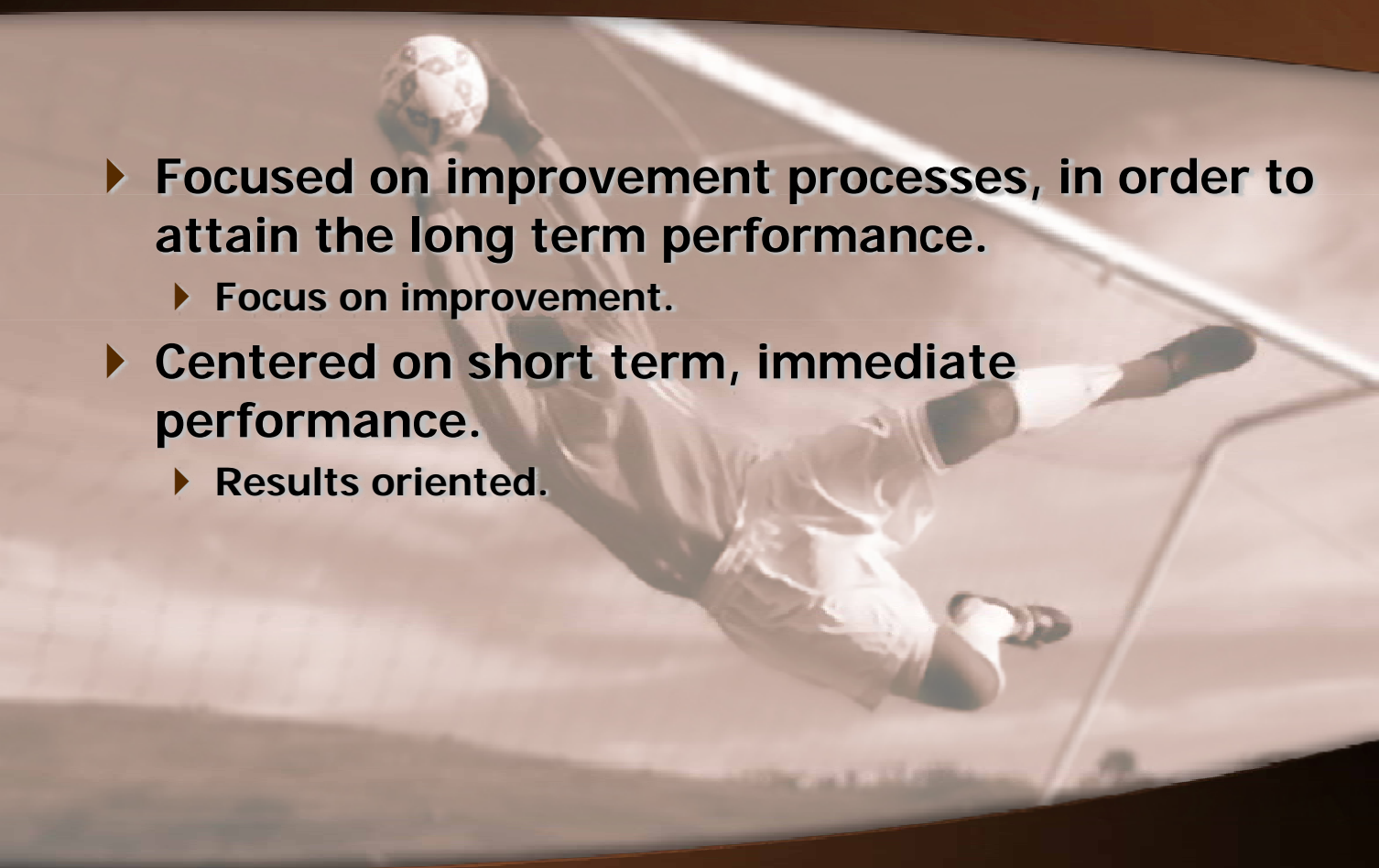


UNIT 14


HIGH PERFORMANCE ATHLETE

- 
- A soccer player in a white uniform is captured mid-air, jumping to head a soccer ball. The player is positioned diagonally across the frame, with their head and arms reaching towards the top left corner where the ball is located. The background is a blurred outdoor setting, likely a soccer field, with a goalpost visible on the right side. The overall image has a warm, sepia-toned aesthetic.
- ▶ A person who thinks, feels, acts.
 - ▶ Great interaction with the environment.
 - ▶ Great social representation value.
 - ▶ Great work capacity.
 - ▶ Expert in his or her activity.
 - ▶ High institutional commitment.
 - ▶ High ethical functioning.

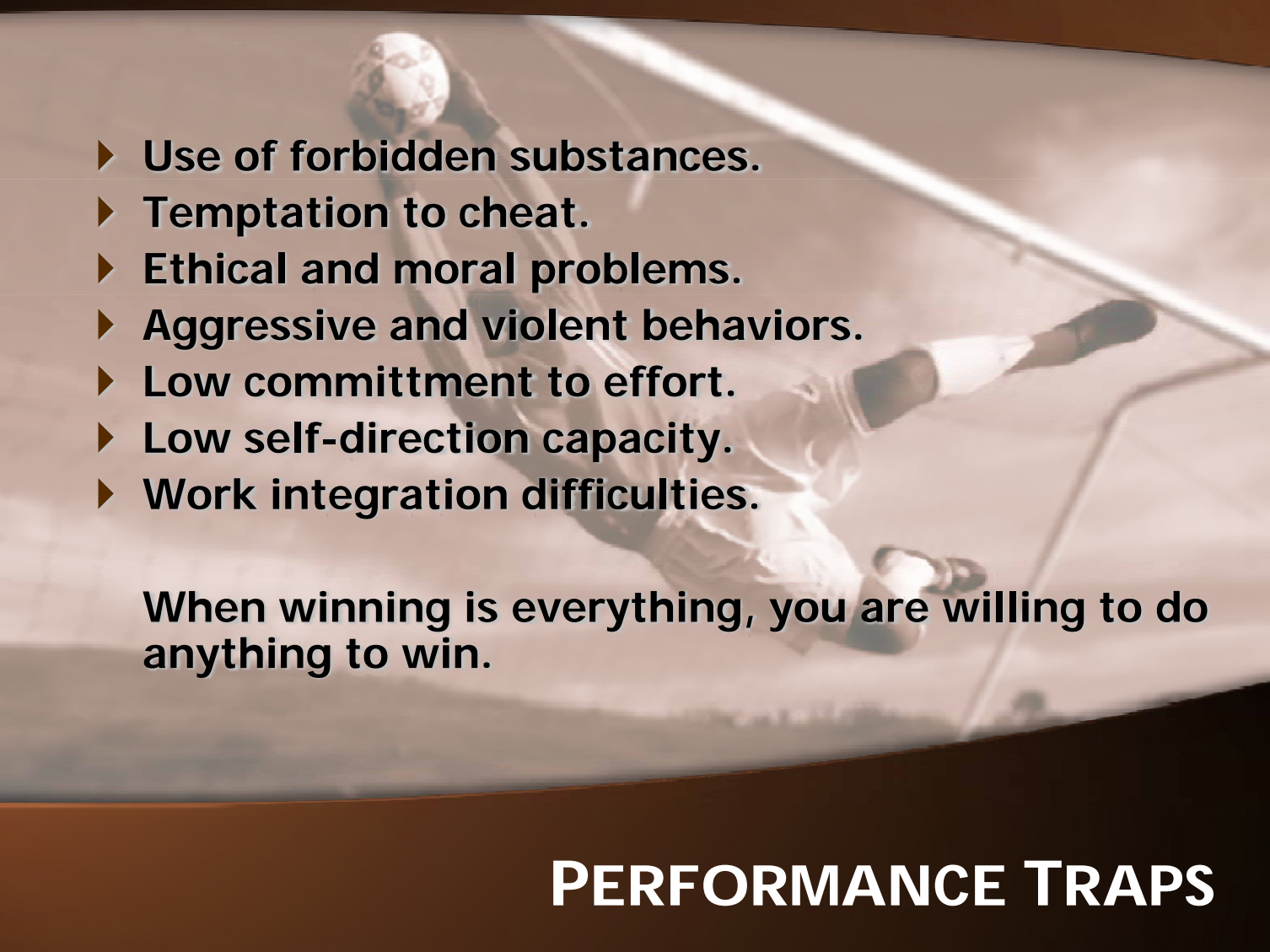
WHO IS AN ATHLETE?

- 
- A soccer player in a white jersey and shorts is captured in mid-air, heading a soccer ball. The player is positioned diagonally across the frame, with their head and arms reaching towards the top left corner where the ball is. The background is a blurred outdoor field with a goalpost visible on the right. The overall image has a warm, sepia-toned aesthetic.
- ▶ **Focused on improvement processes, in order to attain the long term performance.**
 - ▶ Focus on improvement.
 - ▶ **Centered on short term, immediate performance.**
 - ▶ Results oriented.

**HOW IS ATHLETIC SUCCESS
DEFINED?**

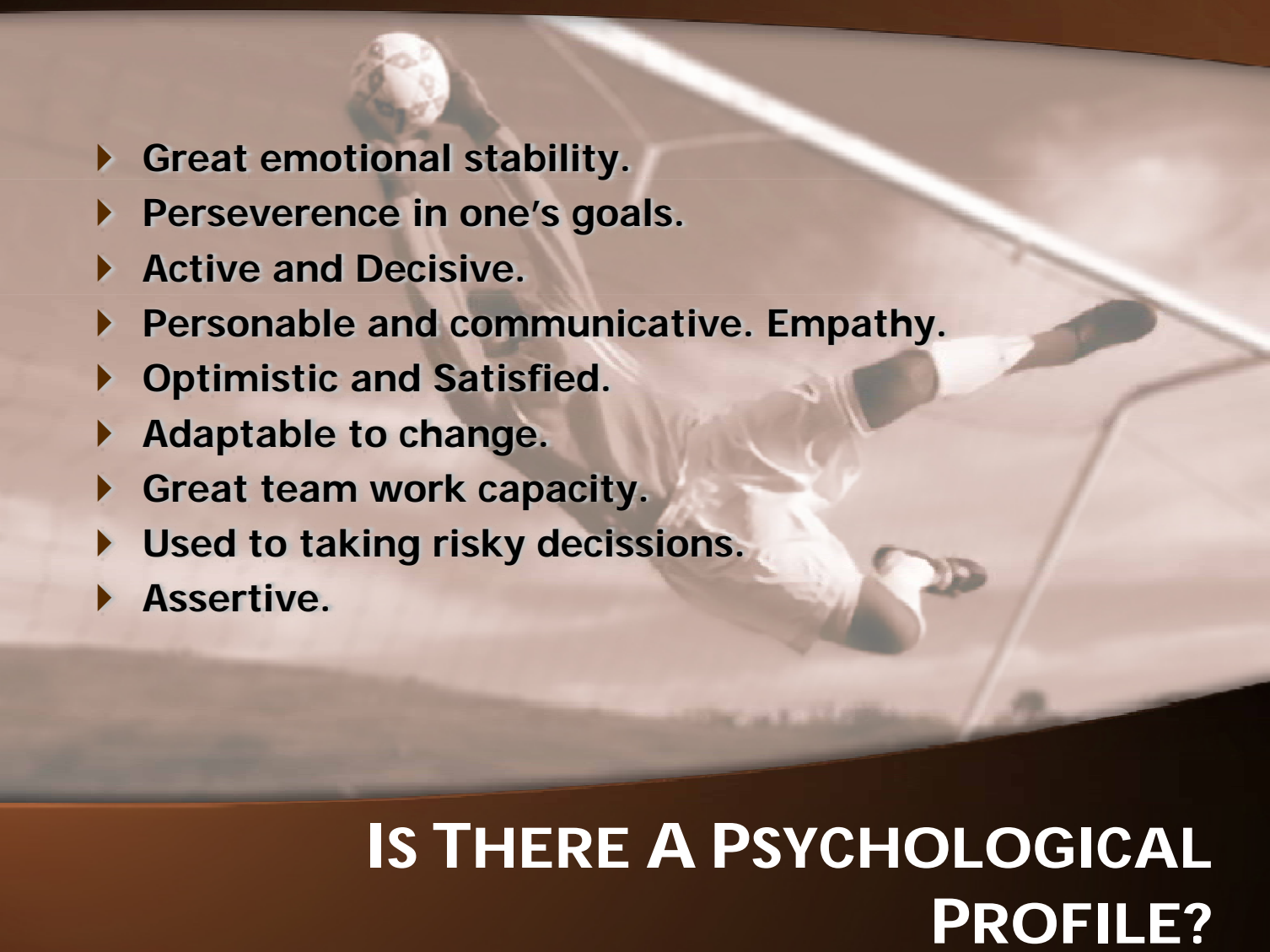
- 
- A soccer player in a white jersey is captured mid-air, jumping to head a soccer ball. The player is positioned in the center-right of the frame, with their body angled towards the left. The ball is visible above the player's head. The background is a blurred soccer field with a goalpost visible on the right. The overall image has a warm, sepia-toned aesthetic.
- ▶ **Personal growth.**
 - ▶ **High level of empathy.**
 - ▶ **Self-directed development.**
 - ▶ **Strengthens moral functioning.**
 - ▶ **Values effort and cooperative work.**
 - ▶ **Self-realization and satisfaction.**

IMPORTANCE OF THE PROCESSES


- 
- ▶ Use of forbidden substances.
 - ▶ Temptation to cheat.
 - ▶ Ethical and moral problems.
 - ▶ Aggressive and violent behaviors.
 - ▶ Low commitment to effort.
 - ▶ Low self-direction capacity.
 - ▶ Work integration difficulties.

When winning is everything, you are willing to do anything to win.

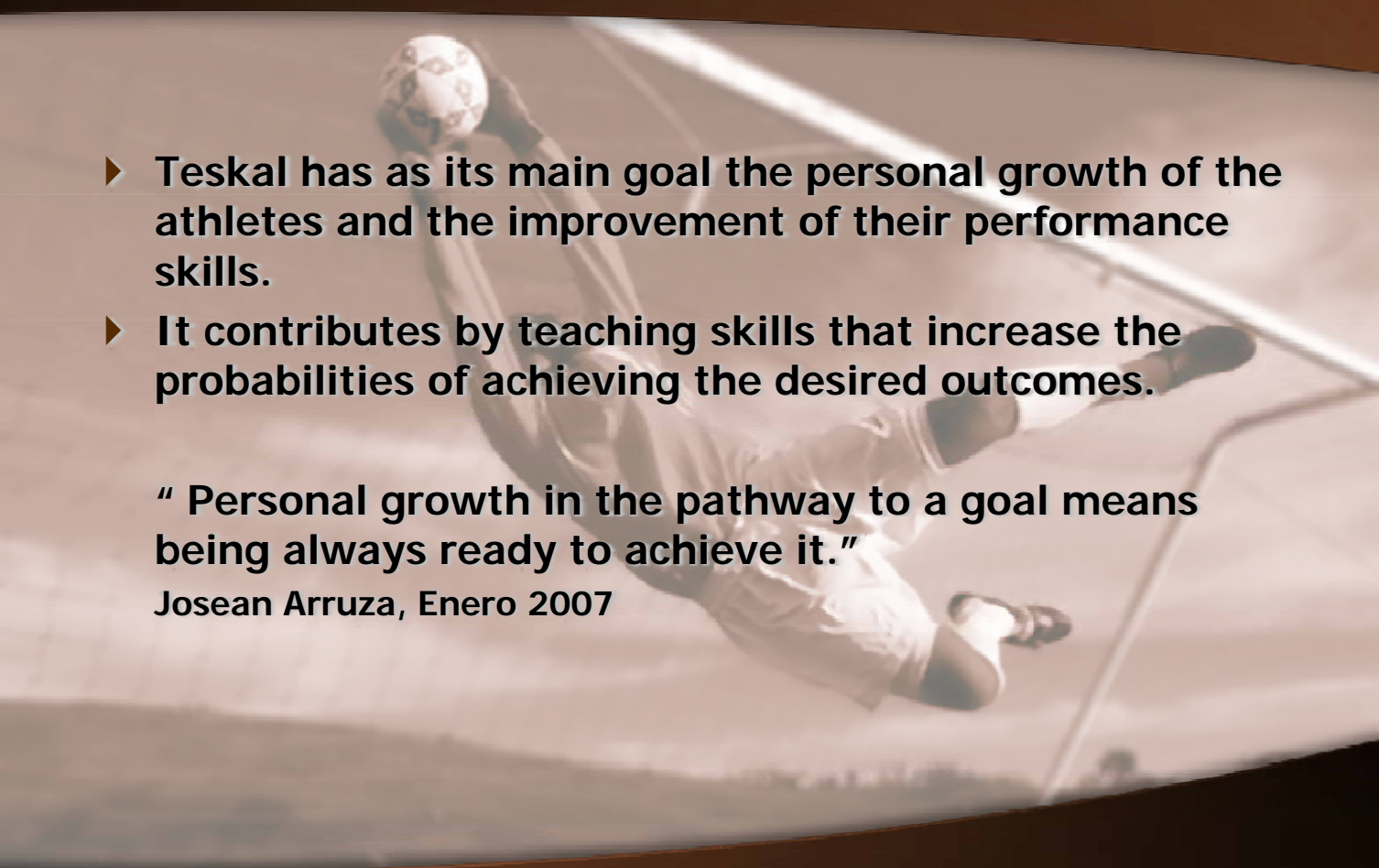
PERFORMANCE TRAPS

- 
- ▶ Great emotional stability.
 - ▶ Perseverance in one's goals.
 - ▶ Active and Decisive.
 - ▶ Personable and communicative. Empathy.
 - ▶ Optimistic and Satisfied.
 - ▶ Adaptable to change.
 - ▶ Great team work capacity.
 - ▶ Used to taking risky decisions.
 - ▶ Assertive.

IS THERE A PSYCHOLOGICAL
PROFILE?

- 
- A soccer player in a white jersey and shorts is captured in mid-air, holding a soccer ball with both hands. The player is positioned in front of a goalpost, which is visible in the background. The scene is set on a grassy field under a clear sky. The overall image has a warm, sepia-toned aesthetic.
- ▶ **“Imposed” actions that the athlete must endure.**
 - ▶ Denial of personalized plans.
 - ▶ Rigidity of training rules.
 - ▶ Unclear selection criteria.
 - ▶ Training camps and competitions that interfere with individualized preparation plan.

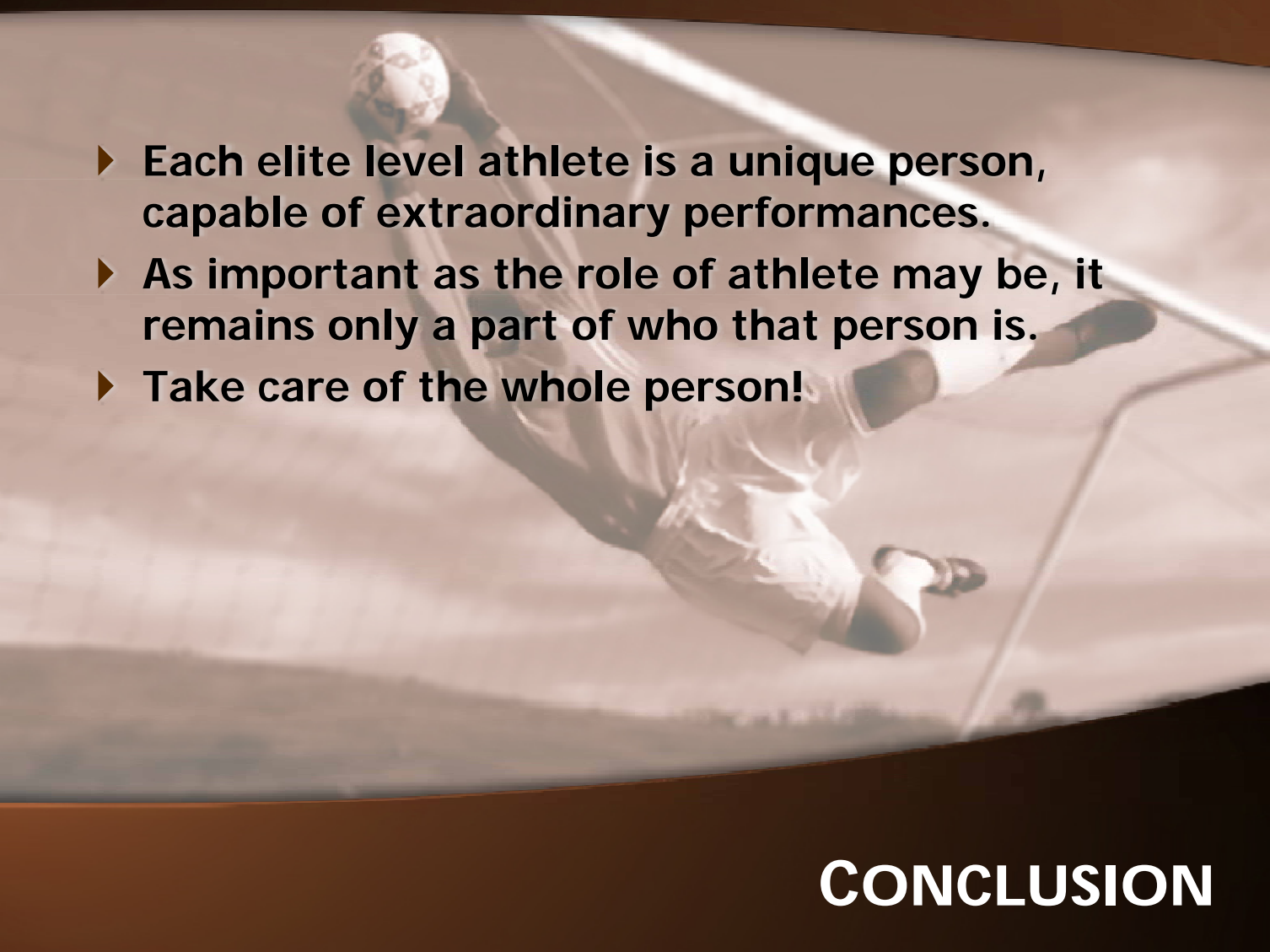
COSTS INCURRED

- 
- ▶ Teskal has as its main goal the personal growth of the athletes and the improvement of their performance skills.
 - ▶ It contributes by teaching skills that increase the probabilities of achieving the desired outcomes.

“ Personal growth in the pathway to a goal means being always ready to achieve it.”

Josean Arruza, Enero 2007

**COMMITTMENT TO AND
RESPONSIBILITY FOR IMPROVEMENT**

- 
- ▶ Each elite level athlete is a unique person, capable of extraordinary performances.
 - ▶ As important as the role of athlete may be, it remains only a part of who that person is.
 - ▶ Take care of the whole person!

CONCLUSION