

In partnership with



The Search for Perfection in Sport

Brendan Cummins

In Association with



Delivering When it Counts



My 3 Core Values

- Discipline
- Dedication
- Determination

Discipline

Discipline

PLAN– Set clear goals

Goal Setting

“If you don’t set goals for yourself, you are doomed to work to achieve the goals of someone else.”

-Brian Tracy

Discipline

- ROUTINE– Relaxes the body and helps FOCUS
- DIET & REST
 - What are you prepared to give up to claim the life you say you want.....
- No negative thoughts
 - ✓ Confidence is a skill

Discipline

- Triggers – Running The Happy Tape.....



Dedication

Dedication

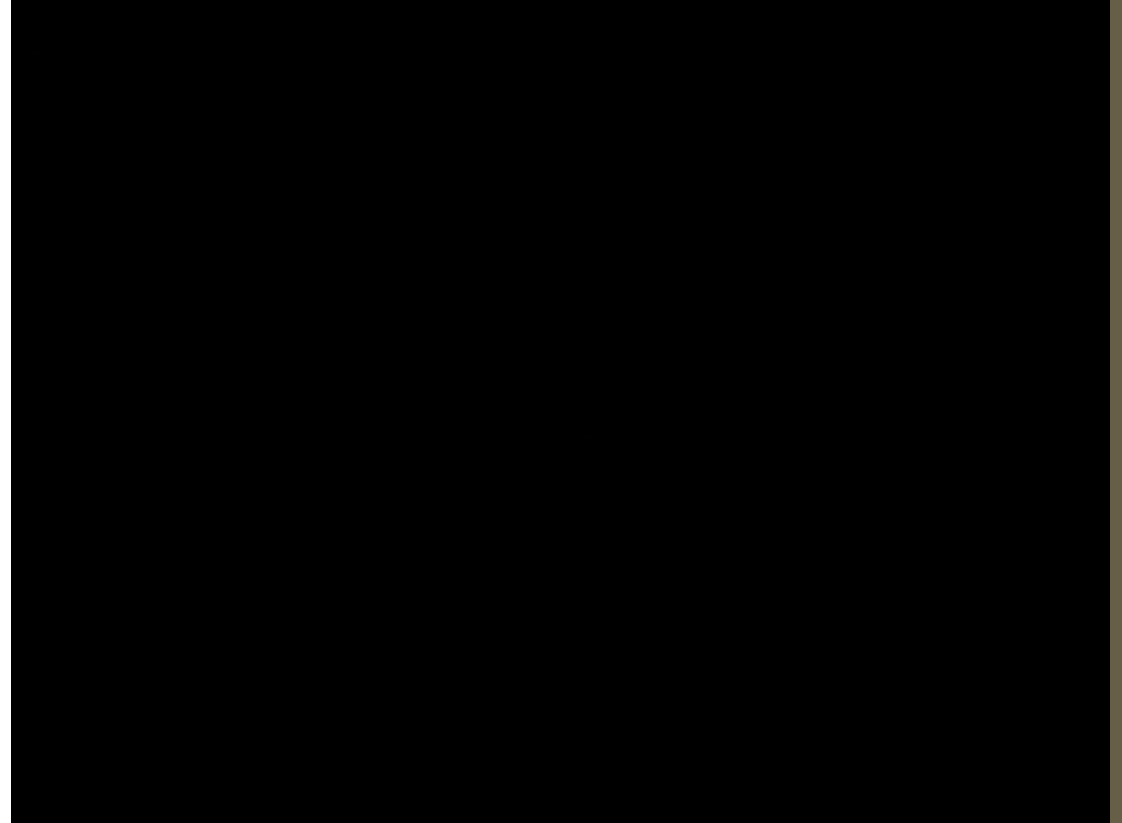
- How many games are won when no-body is looking
- Always test yourself before the world does
- Live in the NOW
- Back training 1st Nov. every year
- More I practice the luckier I get

Determination

Heather Dorniden

2008 Big 10 Indoor
Championships

Women's 600m Dash



Determination

- Coming up to games no media
- Mistakes – Don't be afraid to make them.....
- Remember who you represent
 - Family
 - Parish
 - Team

Determination

- Dealing with knockers always back yourself
 - Energy Sappers !!
 - Pot Holes !!
- GAA is more than about winning or losing matches.....
 - You learn more from defeat

Determination

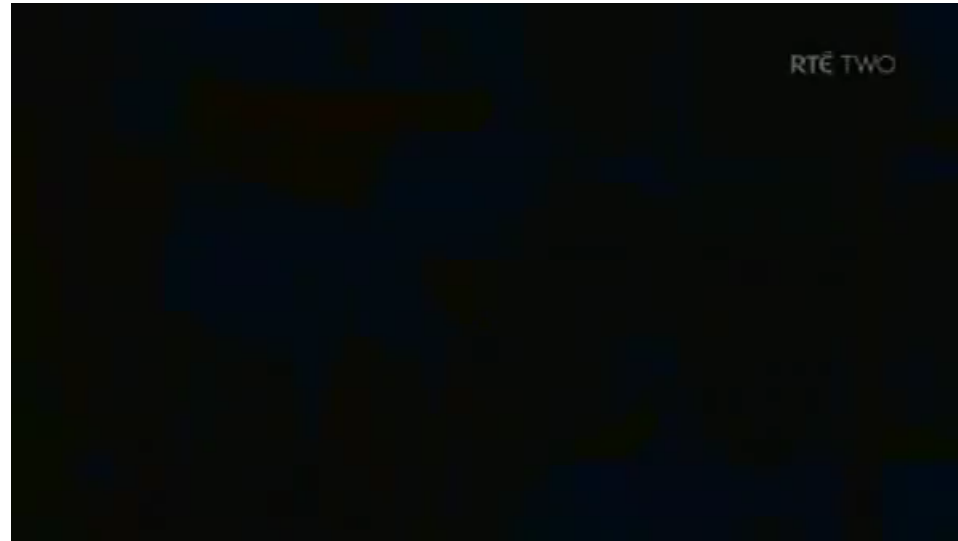
- 2009 All Ireland Hurling Final
 - 63 mins score line 21pts to 19pts = Tipp Winning
 - 64 mins score line 2-19 to 21pts = Tipp Losing

Game Over in 2 mins !!

Determination

- 2010 All Ireland Hurling Final
 - 44 mins score line 3-11 to 1-10 = Tipp Winning
 - 70 mins score line 4-17 to 1-18 = Tipp Winning

All Ireland Hurling Final 2010



Keep your head in the game!!

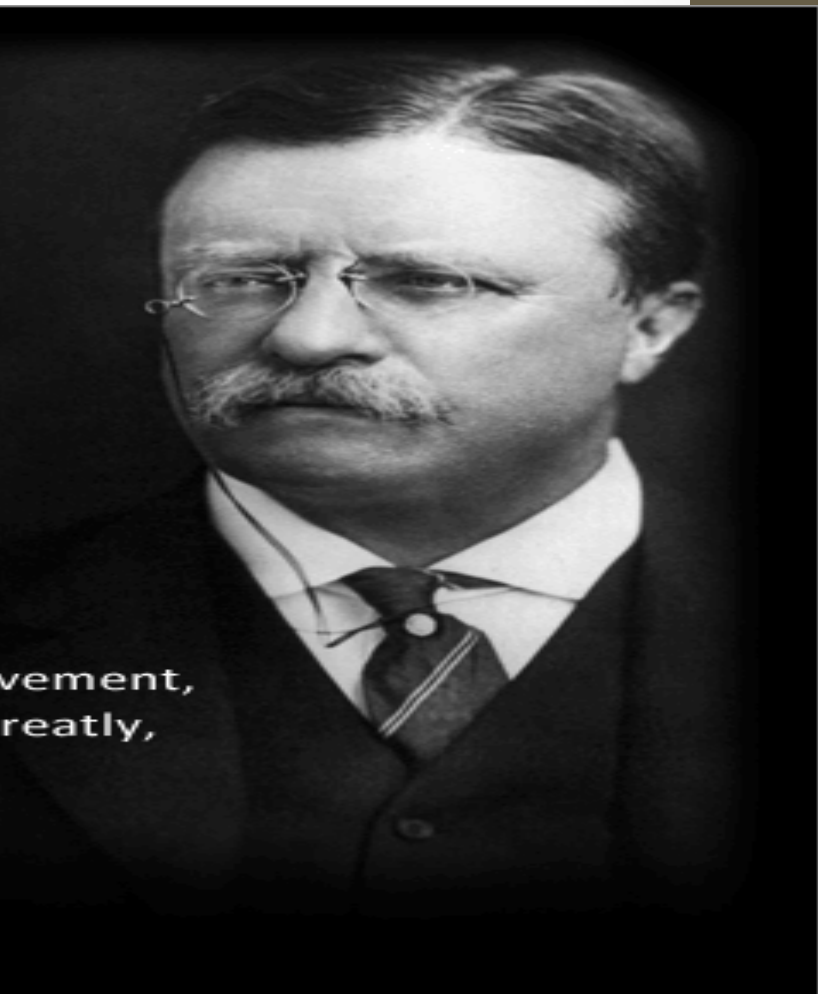
Finally

- Theodore Roosevelt “The man in the arena”
- Excerpt from the speech "Citizenship In A Republic"
- Delivered at the Sorbonne, in Paris, France on 23 April, 1910

It is not the critic who counts;
not the man who points out how the strong man stumbles,
or where the doer of deeds could have done them better.

The credit belongs to the man who is actually in the arena,
whose face is marred by dust and sweat and blood;
who strives valiantly;
who errs, who comes short again and again,
because there is no effort without error and shortcoming;
but who does actually strive to do the deeds;
who knows great enthusiasms, the great devotions;
who spends himself in a worthy cause;
who at the best knows in the end the triumph of high achievement,
and who at the worst, if he fails, at least fails while daring greatly,
so that his place shall never be with those cold
and timid souls who neither know victory nor defeat.

— Theodore Roosevelt



Thank You

Q&A