

NX AIMS

2017

WHY DO WE GO?

TO WIN

TO REPRESENT & BE PROUD OF NX
TO COMPETE IN THIS AWESOME EXPERIENCE

PREPARATION

TRAINING - be present, listen and be proactive in applying what is being taught.

RESPONSIBILITY - take responsibility of your training, preparation & progress; no one else can do it for you.

ORGANISATION - know your training/game times & have all your gear; it's your responsibility to be organised.

COMMUNICATION - talk to your coach/manager if you have an injury or can't make a training or don't get something.

HIGH EXPECTATIONS - aim high and have high expectations of yourself, your teammates and your coach.

FOCUS/LISTENING - be attentive at training/games and take on board what is being said.

APPLYING - work hard to apply what is being taught, not only at training but in the game.

REFLECTING - what worked well, what didn't go as planned; reflect on your own performance and your team - re-evaluate where to next by setting goals.

FEEDBACK - listen carefully to it when it's given so you can apply & improve performance.

NX EXPECTATIONS

PUNCTUALITY - be early to training & games; it shows that you respect your coach and teammates.

OWNERSHIP - no one else can do it for you so take ownership of your actions, attitude and performance.

SPORTSMANSHIP - be humble in victory & gracious in defeat; appreciate great play & respect other players/teams.

EFFORT/ENERGY - give it your all until the final whistle; never give up, always show urgency.

RESPECT - always show respect towards officials, coaches, players, the environment and gear.

TEAMWORK - be positive, encouraging and supportive; communicate, listen & contribute; play your part and appreciate everyone else's.

RESILIENCE - things will get tough - how you respond to that will determine a lot - dig in and tough it out. Believe in yourself, your teammates and your coach; hold your head high and be proud.

ATTITUDE IS EVERYTHING! - be positive, determined, dedicated, committed & resilient.

THE MIND GAME

CONTROL WHAT YOU CAN CONTROL

You can't control - the weather, the ref, the other team, the playing conditions, the bounce of the ball
You can control what YOU do and how YOU do it!

PLAY FOR YOU, YOUR TEAM, YOUR COACH, YOUR SCHOOL

Produce a performance that you are proud of, that has positively contributed to the team effort, that displays applied skill/strategy, that shows determination, commitment and effort.

GIVE IT EVERYTHING - EFFORT!

Don't hold back, leave it all out there.

NO EXCUSES

You and your team controls what your performance looks like - not the external factors - both teams have the same ref, both teams are playing in the same weather, with the same ball, on the same surface...

BE PRESENT - ESPECIALLY AS A SUB

Your head needs to be in the game - no where else! Focused, engaged and present. Be ready to go on at all times!

HICCUPS & HURDLES ARE INEVITABLE - ACCEPT THAT!

Mistakes are going to happen - how you respond is key - re-focus and work harder, don't dwell on it, just move on.

VISUALISATION

Before the game, spend time thinking about your upcoming performance, see yourself in the tackle, executing a play, winning the ball, shooting the goal (whatever is specific to your role), most importantly, see yourself giving it heaps!

POSITIVITY

Always find the positive first, in yourself & in your team, when playing the game, when preparing and when reflecting - no doubts, no criticisms - have only confidence in your ability, things to work on and determination to see it done

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