

## Everything Must be Right

Let's not beat around the bush. If you want to succeed in sport you've got to tick all the boxes.

There are a number of elements that make up top performance standard in sport and if you want to be successful they all have to be right.

It's not rocket science but one of these elements is often neglected.

Let's have a look.

1. **Talent.** You must have talent for your sport. At the top level there's nowhere to hide so if you're really serious about it you must hone your skills as finely as you can. This means practise and more practise. Whatever your friends are doing, whatever's on television or whatever else interests you, forget all that, get your priorities right and find as much time as you need to be the best you can be. It will mean sacrifices but that's what it takes and if you don't want to make them you cut down your chances of success.
2. **Fitness.** However much talent you may have, you must be fit. As fit as your opponent but why not fitter? It'll give you an edge. If you want one that is. Sports science is much to the fore these days and all athletes and players are becoming more aware of the latest ways to be fitter and stronger. So don't shirk because if you do someone else less talented may overtake you.
3. **Nutrition.** Again, the world is full of sports nutritionists and we know what we must do to be in optimum shape. This is not my area but there are plenty of books, articles and websites devoted to the subject so don't tell me you don't know. If you pitch up at the local university where there's a sports science course you'll find people there to help you too. The problem of course is that all the stuff we most like to eat and drink is the stuff that's bad and will hold us back. So be strong, resist and eat the stuff that'll help you. If you're serious that is. If you're not serious don't worry. Have burgers and fries for breakfast, lunch and dinner for all I care. And come second if you're lucky.
4. **Sleep.** It's boring I know but it simply has to be done if you want to be a winner. Make sure you get enough sleep. Top athletes sleep a lot. I know you're young and you don't feel tired and you want to be out with your friends having a good time. Well

that's okay but don't come crying to me when you haven't got that extra bit of energy you need to get you over that line first. So turn off the telly and the computer games and get some sleep. If you want to win that is. If you don't mind losing or coming second then stay up all night and the best of luck.

5. **Enjoyment.** You must enjoy it. I realise you've got talent to express and potential to fulfil but if you don't find it fun at least 50% of the time you'll be fed up with life in no time at all. Have a smile on your face and rejoice that you're young, fit and healthy with wonderful opportunities stretching out in front of you. Don't do what you like. Like what you do (Winston Churchill)
  
6. **Desire.** If it's not that important to you then don't bother. It's a lot of work to get to the top so if you're not really interested it'll only end in tears. If you're burning with desire inside then don't waste it because at some time in the future you'll be sorry if you do.
  
7. **Mental Strength.** This is the one they all think is optional but believe me, your mind must be strong to stand half a chance. The world is littered with failed athletes who had all the talent but lacked the mental strength to realise it. You must be strong, confident and powerful in your mind. Able to withstand the most intensive pressure you get at the top. Tiger Woods does it, Roger Federer does it, Michael Jordan and Lewis Hamilton do it. If it's good enough for them why don't you? What do I mean? Sports Hypnosis of course. The way to train your mind to be in top mental shape for your sport.  
  
If you can't be bothered to prepare your mind as thoroughly as your body then give up now and find something else that's easier for you because it's an essential ingredient of success.  
  
Not an optional extra or a luxury but as crucial as water is to life.

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