

GABRIELE

FITNESS & PERFORMANCE



The Ultimate Athletic Performance Weapon: Confidence

by Vince Gabriele

Definitions of Confidence

- **Assurance:** freedom from doubt; belief in yourself and your abilities
- **A feeling of trust** (in someone or something); "I have confidence in our team"
- **A state of confident hopefulness;** that events will be favorable

After training athletes for almost 10 years I have come to the conclusion that without a belief that you are going to succeed, you almost never do. We train athletes everyday to help improve speed, strength and agility and definitely see great changes in these skills throughout the time they are with us. The most effective change we have seen is improved confidence.

Failing to prepare is preparing to fail

When athletes are working with us they are preparing themselves for their sport. It is a process of preparation. When you study hard for a test and are confident going in that you did everything in your power to succeed, usually the result is a good grade. The same goes for athlete performance training.

When I played college football I was probably the least talented player on the offensive line. The only way I was able to crack the lineup was through an incredible drive to perform at my best. The confidence I got from training was my ticket. Once I was able to be named a starter, I realized that I belonged, and was no longer in over my head. This changed the way I played. I was less nervous, more confident and it showed.

We have numerous success stories about young athletes performing better than ever after our program. Most of the time we helped them get a little faster, a little leaner, a little stronger, a little more flexible and a lot more confident.

The improvement they made in athletic performance is what catapulted their performance on the field, but it was the huge impact from the confidence gained during the process that contributed most to their success.

We truly believe that positive reinforcement gets results. We believe getting on an athlete when we know they can do better gets results. We believe that holding athletes accountable with their nutrition gets results. We believe that showing we care about our athletes - even showing up at a game whenever we can gets results.

These are just a few of the strategies we use to create more confident athletes. We want them to improve in all skills but if there is one that trumps them all, confidence could be on the top of the list.

Side note: Training Year Round is Key

"It is better to do a little a lot - than a lot a little" -Dr. Rob Gilbert

In our experience, training that is crammed in 4 weeks before the season is inefficient and can cause injury. True training is performed year round and is progressive.

Gabriele Fitness and Performance

20 Locust Avenue

Berkeley Heights NJ 07922

908-464-4441

info@gabrielefitness.com

www.gabrielefitness.com