



*'If you hold back in hurdles,
you are going to fall over.'*

Sally Pearson – Australian 2012
Olympic champion

MOS in sport

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Whenever people talk about sport, it involves big numbers: matches played, attendees, viewers, salaries paid, broadcast rights. It is one of the biggest activities in the world today, an almost universal experience. It's big business, and performance matters.

For sporting activity at elite levels – for each athlete, each team, and each league – success is driven by how well the athletes and their management manage the various stages of a match: the preparation, the match itself, and then the post-match analysis and action. Each element is critical to success at elite levels. This is sport's version of a MOS.

A Management Operating System (MOS) provides an organisational framework for successfully controlling effort or work and managing resources to deliver excellence. It enables Front Line Leaders to effectively plan and manage day-to-day activities, in the most efficient, effective and consistent way. The MOS gathers and uses information to plan, execute and evaluate the operational performance of work processes and different organisational resources (human, material, equipment and financial) to implement organisational strategies.

The **Management Control System** consists of the following elements of Planning and Setting to Performance Targets; Executing with Short Interval Control; Reporting Operating Results and Analysing Performance, and the taking of Corrective Action.



Fit-n-ready

Actions

- Do a little mental rehearsal every day.
- Don't become anxious about your nerves, you will need an adrenaline flow for the game, so look forward to the 'buzz'.
- Anticipate that you will enjoy the game, you are going to perform well, you are going to be in control, and you're going to handle any situation that arises.
- Stop unhelpful thoughts and focus on what you can do.
- Manage emotions – listen to calming music.
- Maintain composure.
- Refocus to task.
- Have a positive mental attitude.

'If you fail to prepare, you're prepared to fail.'

Mark Spitz – 9-time Olympic American swimmer

'The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent.'

Arnold Schwarzenegger – former professional bodybuilder

Cases

The ice man

Unlike the other athletes on this list, Swedish tennis legend Björn Borg had superstitions that related to one specific event—Wimbledon. Known as the Ice Man for his steely confidence on the court, Borg would always prepare for the annual tournament by growing a beard and wearing the same Fila shirt. These quirks helped him net an amazing five straight Wimbledon titles from 1976 through 1980. Surprisingly, the Stockholm native's "lucky beard" has become one of sports most popular superstitions and has been adopted by many in the NFL and NHL, including the 2009 Detroit Red Wings and Ben Roethlisberger during the Steelers 2006 Championship season.

The golden thong

While his hitting power has cooled in recent years, Colorado Rockies Jason Giambi was a pitcher's worst nightmare in his prime. But even in his heyday the Giambino was prone to slumps. His solution for turning things around? A golden thong. That's right. Whenever the 6-foot-3 first baseman found himself in a funk, he'd slip his 240-pound frame into a tiny pair of butt floss before playing. More often than not, Giambi's weird superstition actually worked. In fact, his bikini bottoms became so well thought of, the five-time All-Star's teammates would often borrow them to break out of their own slumps.

Takin' the piss

It's unclear whether UFC Light Heavyweight Champion Lyoto Machida's daily habit is a form of superstition or self-torture, but every morning the Brazilian Shotokan karate master drinks his own urine. Revealing that he picked up the practice from his father, himself a karate master, the 31-year-old Brazilian has said he believes urine is a natural medicine that cleanses his body.



Game time

Insight

The optimal performance state has been referred to in a couple of ways. Athletes often talk about “being in the zone,” and some psychologists have talked about “the zone of optimal functioning.” The reference here, is to some optimal level of arousal that leads to better integration of mental and physical processes and superior performance.

(Prapavesis & Grove, 1991; Hanin, 2000).

‘You miss 100 percent of the shots you don’t take.’

Wayne Gretzky – Ice hockey legend

‘Push yourself again and again. Don’t give an inch until the final buzzer sounds.’

Larry Bird – former NBA player, and more importantly, a forever Celtic

Cases

Mesh marvels

You wouldn’t think the greatest professional basketball player of all time would rely on superstition, but even Michael Jordan himself was known for a specific quirk. While leading the Chicago Bulls to six NBA championships during his legendary career, the five-time MVP wore his University of North Carolina shorts under his uniform in every game. Jordan led UNC to the NCAA Championships in 1982 and believed the mesh marvels brought him luck. In order to cover his lucky pair, Jordan began wearing longer shorts, which inspired a trend in the NBA.

The goal shrinker

Perhaps the greatest goaltender in the history of the NHL, Patrick Roy was a firm believer in the power of superstition. Before every game, the former Montreal Canadiens would skate backwards towards the net before turning around at the last second—an act he believed made the goal shrink. During the game, he would converse with the posts, thanking them when a puck was deflected and often touching them. This almost spiritual relationship with his goal earned him the nickname St. Patrick—and an unprecedented three Conn Smythe trophies.

Court ritual

While her on-court aggressiveness and competitive nature have given her a reputation as one of the greatest and most feared female tennis players of all time, Serena Williams believes much of her winning ways are the result of closely followed routines. For the 27-year-old, these quirks include bringing her shower sandals to the court, tying her shoelaces a specific way and bouncing the ball five times before her first serve and twice before her second. The three-time Wimbledon champ will even wear the same pair of socks during a tournament run. Williams is so set in her superstitions, she has chalked up major losses to not following her own routine correctly.



After the whistle

Actions

- 1 First, try to be objective about your performance (instead of subjective). When athletes are subjective, the emotions take over, such as frustration and anger, and that's when you can be the most self-critical.
- 2 Be your own best coach. How would you look at your game if you pretended to be the most positive coach you know? What are two positive things a coach might tell you about your performance that would make you feel satisfied or more confident about today's game?
- 3 Focus on your assets instead of mistakes. Ask yourself: What are two things you did well in today's competition? Discuss these first with a teammate, parent, or coach. Avoiding dwelling on the plays, shots, or routines that got away from you.
- 4 Focus on how to improve, not shortcomings. Instead of thinking about all the reasons you failed or messed up in today's game, think about what you want to improve in next week's practice. Feel confident knowing you'll work to improve areas that will help you perform better in the next competition.

'To me, cricket is a simple game. Keep it simple and just go out and play. I have always tried to move on from disappointments as fast as I can.'

Shane Warne – Australian cricketer

'I never thought of losing, but now that it's happened, the only thing is to do it right. That's my obligation to all the people who believe in me. We all have to take defeats in life.'

Muhammad Ali – 'The Greatest' heavyweight boxer

'I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.'

Michael Jordan – NBA legend

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