



2012 • 2012 • 2012 • 2012 • 2012 • 2012 • 2012

# Art & SCIENCE

OF TRIATHLON

2012 INTERNATIONAL COACHING SYMPOSIUM

# Integrated High Performance Coaching “You Win with People”

Scott Schnitzspahn



A high-performance team can be defined as a group of people with specific roles and complementary talents and skills, aligned with and committed to a common purpose, who consistently show high levels of collaboration and innovation, that produce superior results.



# The ATHLETE'S high performance team

- Coaches
- Medical / Therapists
- Mechanic
- Sport Science
  - Physiologist
  - Nutritionist
  - Psychologist
  - Biomechanist- Bike Fit, Technique
- Agent / Manager
- National Governing Body



# The ATHLETE'S high performance team

## Coaches

- Personal Triathlon Coach
- Individual Sport Coach
- Strength Coach
- Yoga / Pilates Instructor

# The ATHLETE'S high performance team

## Medical / Therapists

- Massage
- Athletic Trainer
- Chiropractic
- Primary Care



# The ATHLETE'S high performance team

## Mechanic

- Local Bike Shop or Private Mechanic
- Team Mechanic (at events)

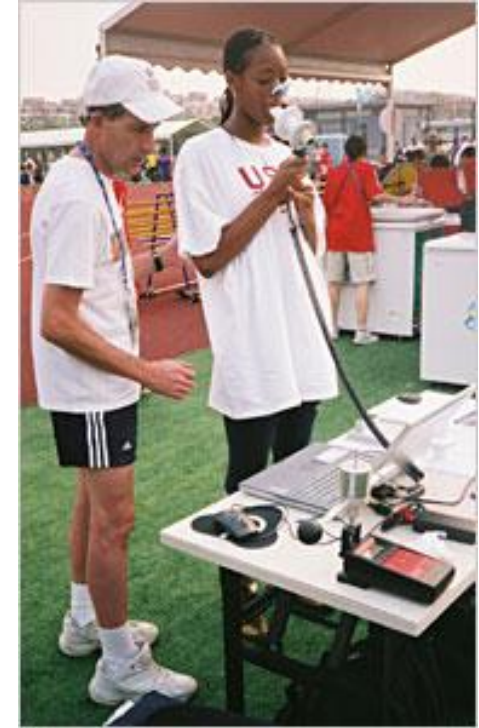




# The ATHLETE'S high performance team

## Sport Science

- Physiologist
- Nutritionist
- Psychologist
- Strength & Conditioning
- Biomechanist- Bike Fit, Swim /
- Bike / Run Technique, Video Analysis





# The ATHLETE'S high performance team

## Agent / Manager

- Contracts- Sponsors, National Teams
- Travel / Appearances- Competition and Sponsor related
- Uniforms
- Media

# High Performance Team or... Just a Team

A high-performance team can be defined as a group of people with **specific roles** and complementary talents and skills, **aligned** with and **committed** to a common purpose, who consistently show high levels of **collaboration and innovation**, that **produce superior results**.

# Who leads the High Performance Team?

The Athlete, the Coach or a  
“High Performance Director”?



# Leading the high performance team

- Define the goal
- Specify roles
- Get Commitment
- Communicate often
- Document Meetings
- Set action items and deadlines
- Hold HPT members accountable
- Replace non-team players
- Celebrate results / recognize the team

*Thank YOU!*



*Questions Please*