

HOW TO FORM A TEAM

ETIQUETTE + STEP BY STEP GUIDE

Being a champion takes time & hard work – you don't need to make enemies or lose your friends enroute.

POINT 1 – RESPECT YOUR CURRENT POSITION

- ARE YOU IN A TEAM?
- BE HONEST WITH THEM + UPFRONT (SOONER RATHER THAN LATER)
- YOUR CURRENT TEAM SHOULD BE THE FIRST TO HEAR ANY NEWS IF IT AFFECTS THEM
- HOW WILL YOUR DECISIONS AFFECT OTHERS + FRIENDSHIPS
- HOW WILL YOU PRESENT YOUR DECISIONS TO BE FAIR AND KIND TO OTHERS FEELINGS

POINT 2 – WHAT ARE YOUR GOALS

- CONSIDER WHAT YOU WANT TO ACHIEVE (MAKE SMART GOALS Specific, Measurable, Achievable, Realistic, Timescale)
- WHAT DO YOU NEED TO GET THERE
- HOW WILL YOU ACHIEVE THIS
- REMEMBER POINT 1 – RESPECT YOUR CURRENT POSITION

POINT 3 – COMMONLY HEARD QUESTIONS + WHAT SHOULD YOU DO

- I HAVE BEEN ASKED TO PLAY FOR TEAM XYZ

Reply

1 Say thank you for the invite

2 Let them know that you will take some time to seriously consider their invitation

3 Let them know that you will speak to your coach to get a second opinion

4 Let them know that you will let your current team know you have been asked

Decisions

Does the invitation help you to get to POINT 2? – What are your goals?

- IS THE INVITATION GOING TO BE A SHORT TERM FIX
- IS THE INVITATION GOING TO BE A LONG TERM INVESTMENT
- COMPETITION IS TOUGH & YOU CANT CARRY TEAM MATES THEY HAVE TO ALL BUY INTO IT

POINT 4 – ARE YOU HOLDING YOURSELF BACK BECAUSE YOU ARE NOT WILLING TO FORGIVE MISTAKES FROM THE PAST

- CAN YOU PUT PERSONAL FEELINGS TO ONE SIDE, DO WHAT'S BEST TO MEET YOUR GOALS
- IS THE GRASS ACTUALLY GREENER ON THE OTHER SIDE

HOW TO REACT TO BEING DROPPED

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DISSAPOINTMENT AND HURT CAN HEAL WITH TIME, FRIENDSHIPS ARE MORE IMPORTANT

POINT 1 - THINK BEFORE YOU REACT

- ITS NOT EASY FOR SOMEONE TO TELL A FRIEND THEY DON'T WANT TO PLAY ANYMORE
- WHY DO YOU THINK YOU HAVE LOST YOUR PLACE IN THE TEAM OR A TEAM MEMBER
- DID YOUR CURRENT SITUATION HAVE A REALISTIC CHANCE OF REACHING GOALS
- WERE YOUR GOALS STILL THE SAME AS THE OTHER PLAYERS IN THE TEAM

HOW CAN THIS SET BACK MAKE YOU STRONGER

- RE-EVALUATE YOUR GOALS
- PLAN FOR THE FUTURE
- BECOME MORE DETERMINED TO SUCCEED
- CAN YOU APPLY YOURSELF MORE AT TRAINING & COMPETITION

POINT 2 – WHAT ARE YOUR GOALS

- CONSIDER WHAT YOU WANT TO ACHIEVE (MAKE SMART GOALS)
- WHAT DO YOU NEED TO GET THERE
- HOW WILL YOU ACHIEVE THIS
- REMEMBER POINT 1 – THINK BEFORE YOU REACT

POINT 3 – WISH THEM WELL

- NO MATTER HOW DISSAPPOINTED OR HARD IT IS YOU SHOULD PART ON GOOD TERMS
- DON'T HOLD A GRUDGE AS THIS COULD DAMAGE FUTURE OPPORTUNITIES FOR YOU
- HOLD YOUR HEAD HIGH AND LET THEM KNOW YOU WISH THEM WELL IN THE FUTURE

WHAT IS MEANT TO BE WILL BE AND IF IT'S TRULY MEANT FOR YOU IT WON'T GO PAST YOU

POINT 4 – COMMONLY HEARD QUESTIONS + WHAT SHOULD YOU DO

..... XYZ IS NOT TRYING HARD ENOUGH, OR XYZ DOESN'T CARE IF WE GET BEATEN OR XYZ IS VERY NEGATIVE

Question – Is this you? Do your team mates think this is you?

Suggestion – Second chances don't come very often when you are trying to be the best, don't hold your friends back if their goals are more adventurous than yours, consider POINT 2 after all, curling is meant to be FUN!

IS THE TEAM LIFE FOR YOUR OR SHOULD SOCIAL CURLING BE YOUR HOBBY

A – Life Choices and Circumstances

Factors with beneficial effects to performance development	Factors with negative effects to performance development
(a) Being a full time athlete or adapting work/college to fit with training (b) Maintaining a diet with training and performance in mind (c) Ensuring adequate rest & recovery (d) Controlling social life to appropriate periods of the year in line with training (e) No Alcohol consumption	(a) Work or Study that lacks flexibility to allow for training (b) Consuming a poor diet without thought to training (c) Allowing outside influences to compromise recovery (d) Participating in a social life that inhibits performance at training (e) Excessive or binge alcohol consumption

B – Professional Life Style

Factors with beneficial effects to performance development	Factors with negative effects to performance development
(a) Be available for all training sessions at the home venue in Scotland (b) Be available for all squad training camps both domestically and overseas (c) Arrive at the training venue with all equipment in good order prior to the agreed time of training session (d) Arrive at training sessions having made all efforts to recover optimally from previous training (e) Make time for session feedback from coaches and support staff following sessions (f) Constantly seeking new ways to improve performance	(a) Have other commitments resulting in non-attendance at training sessions (b) Non availability for training camps due to other commitments (c) Repeated late arrival at training sessions or failure to maintain personal equipment and specialist clothing (d) Allowing other commitments to obstruct full recovery from training (e) Failure to make time to seek feedback to aid performance development (f) Disinterested in new ideas, never challenging

C – Commitment to engage with the Performance Programme

Factors with beneficial effects to performance development	Factors with negative effects to performance development
(a) Full participation in the training and preparation programme (b) Actively seeking coaching input (c) Actively seeking support staff input (d) Support to the overall Performance Programme (e) Working in partnership with administration staff and managers to ensure good logistics (f) Providing constructive feedback and engagement to the programme	(a) Lack of or partial participation in the Performance Programme training and preparation programme (b) Failure to work constructively with the appointed Head Coach (c) Failure to work constructively with the appointed support staff (d) Actions which may be detrimental to the Performance Programme & / Or the GB/SCO National Teams (e) Failure to liaise effectively resulting in poor logistics (f) Providing destructive feedback or criticism, moaning about situation etc without constructive suggestions

D – Performance Development Mindset

Factors with beneficial effects to performance development	Factors with negative effects to performance development
(a) Ability to recognize key challenges / areas of weakness to enhance performance (b) Willingness to embrace and work on key challenges / areas of weakness (c) Understands and works through a clear process of development (d) Willing to take on and learn from direct and honest feedback (e) Ability to persist with a process even when faced with setbacks (f) Willing to take ownership and responsibility for their own performance and programme	(a) Unable to identify key challenges / areas of weakness to enhance performance (b) Avoids or unwilling to work on key challenges / areas of weakness (c) No understanding / evidence that is working through a clear process for development (d) Ignores feedback (e) Gives up when faced with set backs (f) Unwilling to take ownership and responsibility for own programme / performance & blames others / programme for negative results

How do you choose team mates?

What attributes are you looking for?

1. Technical- A

- Balanced slide.
- R or L handed,
- Good Weight control,
- Good line control,
- Consistency,
- Bottle,
- Shot maker under pressure.
- Ability to throw all weights accurately.

Technical B

- Strong sweeping- power /judgement/stamina.

Point to Consider: Further do you need the finished article now or someone with the right mindset to develop with your team.

2. Team Dynamic

- What personality will help balance team.
- Do we want 4 skips, or do we want leaders in each position.
- Extrovert/Introvert/ team person or team leader.

3. Tactical- knowledge of game how essential to team make up is this. Front end /Top end

4. Team work – is the person prepared to do what's best for team rather than what suits them.

Secondary

5. Do they bring spin offs- sponsor support, ranking points, a car, a coach you value?

6. Do they have the time and the desire to practice with you?

7. Do they live somewhere where team sessions are possible?

8, Will they get selected/approved by academy/BC/ and will they be willing to fulfil contracts if selected?