



#BetterThanYesterday

Episode 010: Chasing the Dream

Our episode today very much places the spotlight on what an athlete will go through if they make the decision to move away from home to pursue their sporting dreams. This may involve leaving all support networks behind, including those that support athletic development.

So where should you turn to in this scenario to ensure your progression off the field does not suffer, which translates to on-field disappointment? Follow our step by step guide to rebuild your support network below.

1. Research local training facilities in your area. Nowadays many gyms offer a per week payment option without a lock-in contract (i.e. Snap Fitness, Anytime Fitness, I-Gyms). The revolution of functional training now sees even the most basic gym offering all you need to progress your development in regards to functional strength training equipment.
2. Ask your old coaches and support staff if they would be willing to continue to assist you remotely, as Skype now breaks down many long distance communication barriers.
3. Ask your new club and team members about their training regimes. There are always one or two extremely keen players within every club that put in additional work outside of the structured training schedule. Link up with these players to ensure your work-ethic off the field stays strong!
4. If points 2 and 3 fail, research your new area to find an Accredited Sports Dietitian, and also an Accredited Strength and Conditioning Coach. It's as simple as using Google. If you have either of these currently, ask them also whether they would be interested in providing you with continued support remotely.
5. Make a plan for when you arrive, failure to plan means you are essentially planning to fail. If you have a solid action plan for when you arrive at your new destination to cement your training regimes and support team, making the move into a foreign environment will become far easier.

We hope this information assists you to become better than yesterday. For more great training or nutrition information be sure to consult one of our performance experts at Enliven Nutrition Performance Division, who can provide remote assistance to athletes from any level.

Jason Varoxis

BHlthSc (Nutr&Diet) Hons, APD, AN, ASD

ISAK Accredited Sports Dietitian

Visit www.enlivennutrition.com.au for more health and nutritional information.