

SUPPORTING ATHLETES TO BE CLEAN



TOP TIPS

- Ensure your athletes develop the right sporting values
- Reinforce effort, determination, fair play, commitment and resilience
- Provide your athletes with coping strategies to deal with defeat, injury or illness
- Encourage your athletes to understand that performance can be maximised by managing their lifestyle effectively
- Set attainable goals so your athletes do not feel they have to win at all costs
- Seek professional advice to support your athletes in managing their diets
- Ensure effective rest and recovery is built into any training programme
- Help your athletes to manage a healthy training and work/study balance
- Always lead by example