

# Utilising your support team

Experiencing challenges is part of life. Athletes may experience many unique challenges (some of which are listed below). It can be helpful to reflect and consider if there are ways in which you can utilise your support team to help you manage these challenges and improve your performance.

**Common challenges for athletes may include:**

- Trying to improve nutritional habits and manage bodyweight
- Remaining committed to a training programme
- Experiencing and recovering from an injury
- Preparing for competition
- Managing demanding tasks outside of training (e.g., exams, coursework deadlines, work engagements)

**Think of a challenging scenario that you'd like to improve (or use one of the examples above if you are struggling to think of one) and then answer the prompts below.**

**What I would like to improve...**

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**Member of my support team that could help me...**

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**How that person could help me...**

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**Is there anyone else in my support team who I could share this information with?**

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