

Player Well-being

Along with the physical demands of a tournament, players may experience an increased stress on their mental well-being.

This could be due to the increased mental pressure of having multiple games in one day, changes to normal routines, internal or external stresses, personal issues outside of the team environment or even as a result of traffic congestion on the way to the tournament.

It is important to be aware of how players are feeling both physically and mentally. A simple way is to personally check on each player as they arrive at the tournament. Take a few moments to talk to them and ask how they are feeling, how they slept and if they are ready for the day ahead.

If you feel anything important arises from these conversations, it is a good idea to mention these to the coach. This then allows the team management to address any issues or concerns with the player, to ensure they get the most out of the tournament as well as contribute positively to the team.

PLAYER WELFARE QUESTIONNAIRE						
Date				Name		
Each question is out of 5						
5 = great/energised/not stressed/not sore/sleeping well						
1 = flat/tired/stressed/very sore/fatigued/poor sleep						
1: LEVEL OF FATIGUE						
I feel very energised/ I feel very fatigued	5	4	3	2	1	Answer
2: STRESS LEVEL						
I am very unstressed/ I am very stressed	5	4	3	2	1	Answer
3: BODY/MUSCLE SORENESS						
My body is great/ I am really sore	5	4	3	2	1	Answer
4: SLEEP						
I sleeps really well/ I had a poor night sleep	5	4	3	2	1	Answer
HOW MANY HOURS SLEEP						
						Answer
Total:						

ONCE THE ANSWERS HAVE BEEN COLLECTED THE COACH (AND POTENTIALLY THE MANAGER) WILL REVIEW THE SCORES AND RESPOND ACCORDINGLY USING THE FOLLOWING:

Level of fatigue

- Does this relate to sleep quality? If yes, help them to develop a better sleep pattern.
- Have a chat about nutrition (energy in = energy out).
- Are they maximising their recovery?
- Perhaps they need a nap.

Stress level

- Have a chat with the player.
- The tournament in general may be a challenging environment.
- Is everything at home OK?
- Is potential selection having an impact?
- Any other factors causing stress?

Muscle soreness/body soreness

- Are they maximising the recovery process?
- Were they prepared for a tournament setting? – sufficient fitness.
- Provide rollers etc. and stretching sheets to do more recovery.
- A pool session may be helpful.

Sleep

- What is their sleep hygiene like?
- Technology?
- Roommate?

Some useful tips to aid in better sleep:

- » Warm shower 30 minutes before sleep
- » Set a sleep routine
- » Phones out of the bedroom
- » No screen time 30 minutes before bedtime
- » Read a book
- » Dark, warm room – curtains closed
- » Ear plugs or move rooms if struggling with a roommate

How many hours sleep?

- Aim for 8 to 10 hours' sleep per night. If a player is not getting this, determine some strategies to assist.

Total the score and monitor daily scores across the week. As a result of a tournament being a big and busy few days and players likely to fatigue over the days, scores are likely to decrease. However, sudden changes in scores should be discussed with the player.