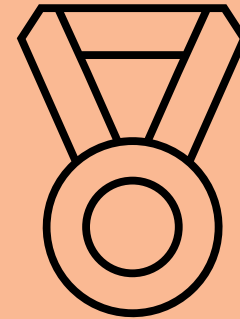


Be Better

Mr Rafiuddin Sawal
Track and Field Academy, Singapore Sports School



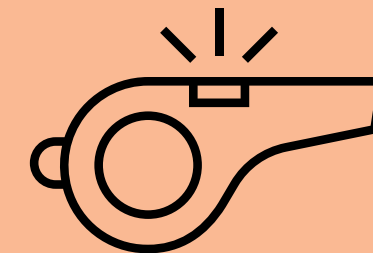


Accomplishments

- 21 Local Meet/NSG
- 27 International Meet



Singapore Sports School Pioneer Batch



12 Years Coaching Experience

Find the differences





Self-awareness

Rate of adaptation

Empathy

Intellectual

Adaptation to
environment

Growing rate

Menstrual cycle

Reasoning

Adaptation to
training

Learning process

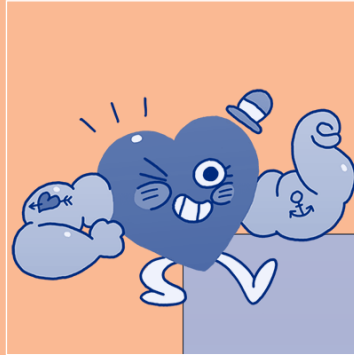
Motivation

Stress
management
(school/training)

Information
process

Perspective

Attitude



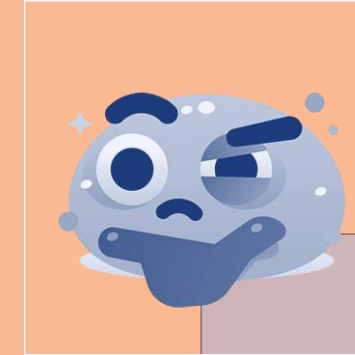
Physical

- Adaptation rate
- Rate of growth
- Stress management (training/school)
- Training adaptation
- Environment adaptation
- Menstrual cycle



Emotional

- Stress management (social/training/school)
- Self-awareness
- Empathy
- Motivation
- Reaction to different situation
- Attitude in different environment



Psychological

- Stress management (training/school/social)
- Learning process
- Information process
- Intellectual
- Perspective
- Reasoning

Athlete

Coach

General
Manager

Teacher

Parents

Boarding
Mentors

Performance
Pathway
Science

Performance
Pathway
Manager

Athlete

Coach

Teacher

Parents

Friends

Family
members





- Every Athlete is different
- Anybody can be a supporting role
- Be better