



Karen Velthuis
GB Olympic Diver

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- Gymnastics at 4 years
- Transferred to Diving 14 years
- GB National Team: CW Games, World Champs & Olympics 2000
- University Hons Degree BSc Leisure Management
- ASA Governing Body
- English Schools Foundation
- ANZA Netball
- IOC Safeguarding Certification

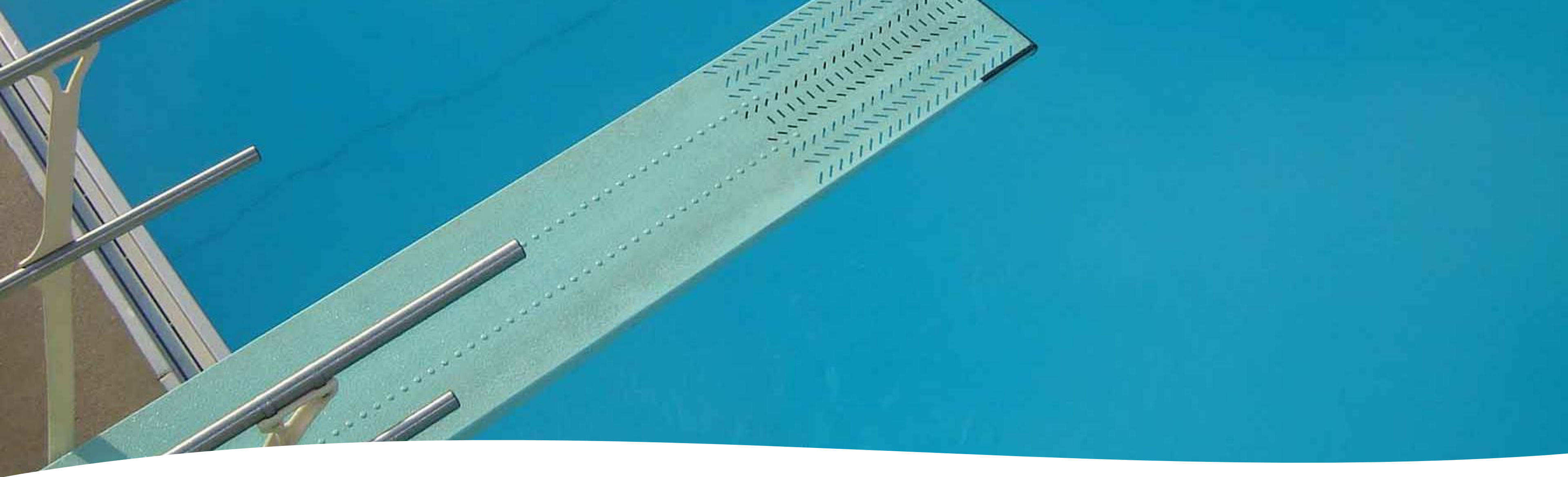


Home Environment

Ability to manage mental and emotional state in pressurised situations, adaptable, persistent.

- Passionate about my sport
- Strong support system eg Family, friends not related to sport
- Moved at 11years to new area
- Father passed away when I was 21





Sport Environment:

- Early years (4-11) - Gymnastics Club was all about fun, good friends, supportive atmosphere.
- Competitive Gymnastics (11-14) - Strict, demanding and Coaches emotionally and mentally controlling.
- Diving Club (14-28) – Relaxed atmosphere, committed coaches, high standards, successful athletes.



Training Challenges:

- 10m diver at a 5m facility!
- 10m sessions back to back – Sore shoulders
- Training within public hours/distractions.
- No dry land facility eg trampoline/dry board/mats
- Knee injury, switched to my left leg for over a year
- Balancing academics/work with training
- Majority of the national team were based in one location



Opportunities:

- The bar was set high
- Inspirational Olympians/National Champions
- Consistent routines & clear targets
- Committed Coaches open to sharing knowledge/experiences
- Supportive team
- Lottery Funding enabling work/training balance

When did it look wrong?

- Situations when the athlete was not given a voice...
- Situations when the athlete was set up to fail...
- Situations when the athlete was driven by fear and reprisals...



When did it look right?

- Creative scenarios that challenge the athlete
- Teaching moments that look for the positives not the negatives
- Support team that sees the athlete as person





Thank you
for listening