



Practitioner Level One

Athletic Performance Protocol

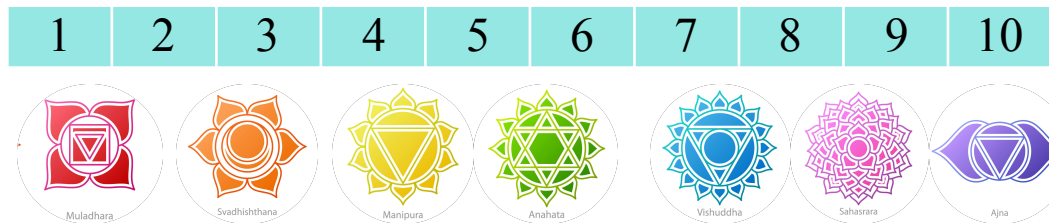
Begin by asking the Meta Question (Over-arching goal)

What is your desired outcome within your sport?

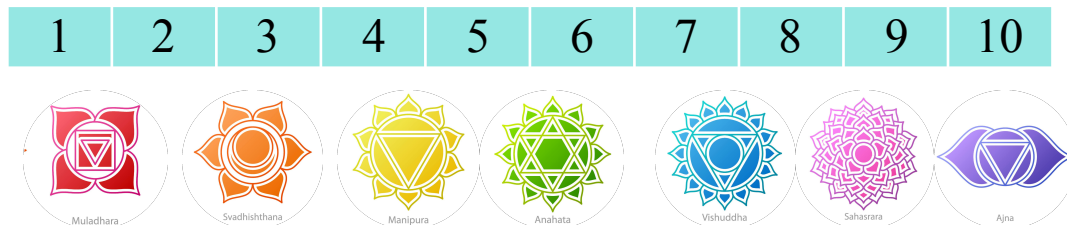
This answer can be surprising to the practitioner, as it may not pertain specifically to athletic prowess, trophies or status. The answers may pertain to more personal desires and achievements. Leadership, integrity, motivation, making someone proud, proving a point. etc.

Clearing around the Meta Goal may result in increased athletic and physical performance by removing emotional blocks.

Take note 1-10, where it's felt in the body.



What is your desired improvement for this session?

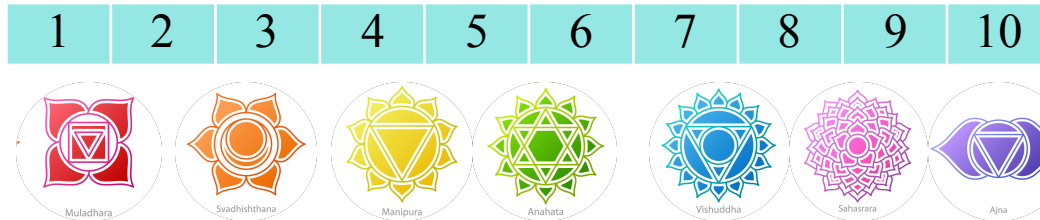


This is your first indication of what the athlete perceives as the problem state. The answers may indicate a need for improvement in form or function. A good follow up to this question is:

What is important to you about doing, being , having this?

It can give a deeper insight into what the athlete wants to achieve and what they want from the session.

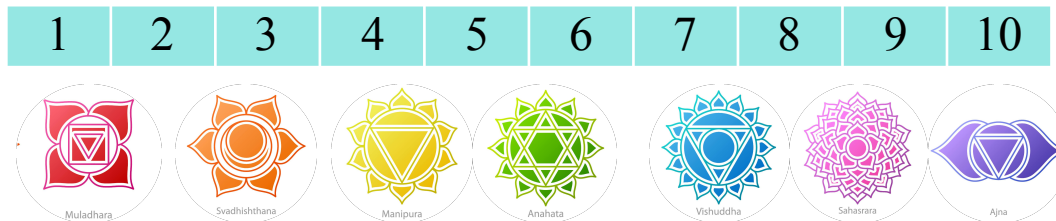
Take note 1-10, where it's felt in the body.



What else is possible to improve in your sport?

Aspects of the sport, physical or mental. This question will usually elicit a list of aspects that the athlete views as possible areas of improvement from their perspective and usually don't include general improvements. Each item listed holds value and needs to be addressed with the CM questions: What is important to you about this? This question will usually bring up the emotion in the athlete allowing you to measure the response from 1-10.

Take note of each aspect 1-10 where is it felt in the body?



These 3 main questions generally provide enough information to find a starting point for your CM Session, starting where the most intense response is felt by the Athlete. To record changes always begin with a baseline test.

In the field

Follow TOTE Protocol (Test- Operate- Test- Exit). Athletes are often looking for result oriented outcomes. You need to have a baseline or before test to indicate a starting place. Record results.

Administer CM Session

Test again using the same parameters as the first test.

Record results:

Stop here if significant or satisfactory to the Athlete.

Keep in mind that it can take time for the CM changes to take place as neurology and physiology adjusts.

Repeat until the athlete is at a zero for the most reactive subject.

Exit at any significant result or improvement. Continuing beyond can overwhelm the system and begin to show up as a diminished result. Diminished results can discourage the Athlete creating fear of future failure or diminished function.

In-office Protocol

Working on athletic performance in the office has the challenge of not being able to test the performance directly after the session to measure results. However, requesting that the Athlete do a test of their own before the session can give a baseline for comparison. i.e. Number of reps, percentages, distance etc.

Request that you do a follow up interview. Record results and compare them with the Athlete.

Take note of:

Overall energy and endurance

Mood

Creativity

Rest

Performance

Changes can take place that are unexpected and can be greater overtime as the session integrates in the Athlete's system.