

UCLA's Miss Val's "Get to Do" Attitude and Carol Dweck's the "Power of Yet"

MINDSETS IN ARCHERY

Mindsets in Archery

- In any sport, when analysing ourselves, we naturally look for the pitfalls in our performance, rather than allowing ourselves to focus on the great parts.
- Doing this makes it easy to dwell on our “bad shots”, making the next shot difficult – we get inside our own heads.
- Two things can help with this:
 - **The “Get to Do” attitude** (Miss Val, UCLA Gymnastics)
 - **“The Power of Yet”** (Carol Dweck)
- This is going to help you not only understand how we can refocus our minds during a round, but also how we can change our outlook towards our overall scores when we’ve completed a round or coaching session.

Valorie Kondos-Field, 2018

The “Get to Do” Attitude

- Sometimes, we put too much unintentional pressure on ourselves to perform.
 - A classic example of this in archery, is when we’ve had a few “bad” ends, but because we’re focusing too much on the final outcome, we forget to concentrate on the arrow we’re about to shoot, leading to more “bad” shots.
- When this happens, it’s important to “re-centre” yourself by clearing your head, and carrying on with a new clearer mindset.
- The “get to do” attitude involves understanding that **archery isn’t something we *have* to do, it’s something we *get* to do.** Therefore, we should enjoy it, because what’s the point if it’s not fun!

Valorie Kondos-Field, 2018

The “Get to Do” Attitude

- The “Get to Do” attitude has proven to work in other sports.
- In gymnast Katelyn Ohashi’s elite career, she began to hate the sport due to the amount of pressure she put on herself to be perfect every time she performed (she’s the only gymnast to have beaten Simone Biles since 2013).
- In her collegiate career at UCLA, she learned the “Get to Do” attitude. This alleviated any self created pressure she had, reminding herself that she *gets* to do gymnastics, so she might as well enjoy it!
- Performing without this pressure, Katelyn has scored 6 perfect 10’s in the regular season of her senior year.



<https://www.youtube.com/watch?v=4ic7RNS4Dfo>

Valorie Kondos-Field, 2018

Using The “Get to Do” Attitude

- When you’ve had a “bad” shot, or just before an end try the following:

1. Deep breathing.

- This sounds stupid to some, but when shooting it can throw our breathing out of kilter without realising. During an end, the oxygen levels in your muscles will have depleted, so doing this will also help towards replenishing any oxygen lost (making a more efficient shot).
- **Deep breath in, push that breath down into your stomach, then breathe in again, and slowly breathe out through your mouth.** To further help, try reducing visual stimulation by closing your eyes.

2. Remind yourself that **you *get to shoot!***

- It seems so obvious, but it’s true! You don’t *have* to shoot, no one should be forcing you. *You get to shoot*, so you should enjoy it. Hopefully, this will alleviate any self-created pressure you’ve built up.

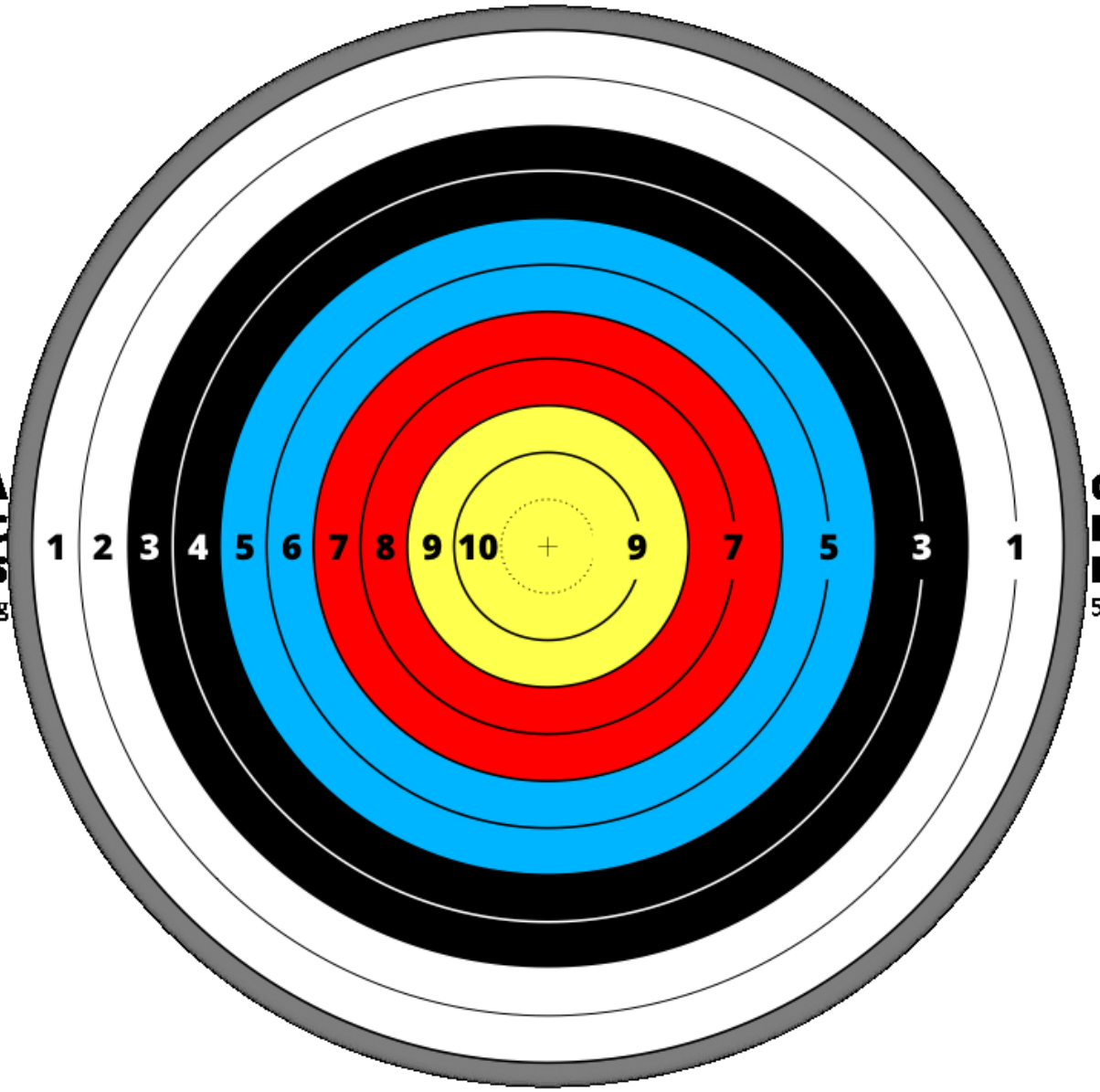
Carol Dweck, 2015

“The Power of Yet”

- Carol Dweck is a leading Educational researcher, and one of the topics she has looked into is how language effects the way we learn.
- If you consider a low score as “failing” it leaves you on the path to nowhere but failure.
 - This is the “fixed mindset”.
- Whereas, if you consider a low score as something that “wasn’t quite there *yet*” it creates a learning curve for improvement.
 - This school of thought is called a “growth mindset”.

Archery Challenges and Goals

**FITA
METRIC
ROUNDS**
10-Zone Scoring



**GNAS
IMPERIAL
ROUNDS**
5-Zone Scoring

Carol Dweck, 2015

“The Power of Yet”

Scenario: Your coach has challenged you to score 500 on a Portsmouth.

- If you have never scored this, or this isn't a consistent score for you, you could fall into what is known as “*the tyranny of now*”. You've never achieved this or think it unlikely you will, so have presumed your conclusion: you won't.
- A common trait in people who do this, is they often try to find others who do worse than they have to make themselves feel better.

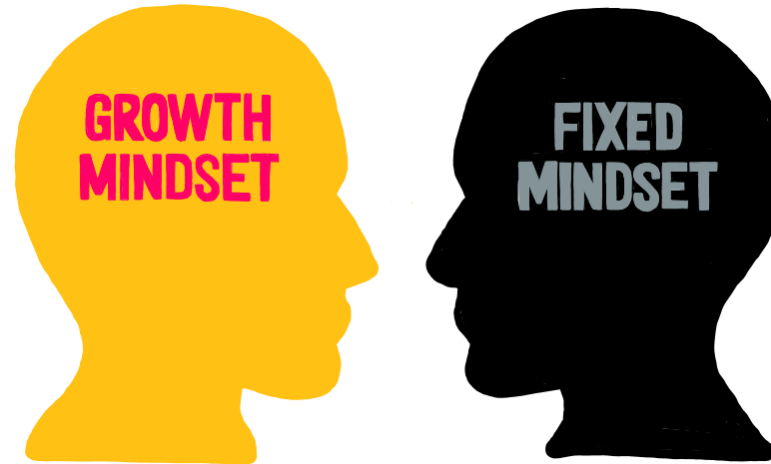
However...

- If you change your thinking to “I just haven't achieve 500 *yet*” every time you fall short, then you've opened yourself up to the challenge.
- The possibility to attain the goal is still achievable, and you are more likely to persevere and achieve it.

Carol Dweck, 2015

Building the Bridge to Yet

- To automatically think of “yet” you’ve got to build that bridge from a fixed mindset to a growing one.



1. **Acknowledge your progress.** This can be reminding yourself of where you started. For example what you were like when you first began shooting, or a couple of weeks prior to coaching.
2. **Acknowledge the amount of practice you’ve done towards that goal.** Whether you’ve put in plenty or not, consider how you may be able to tailor your future practice to aid you further. What has that practice helped you to improve. Be assured that your practice time was not for nothing; it was work towards improvement.

Carol Dweck, 2015

Building the Bridge to Yet

- The main thing to take away from The Power of Yet, is **every time you have a set back or don't achieve your immediate goal, try to take a lesson from that.**
- Ultimately, this growth mindset changes your definitions of effort and difficulty. Instead of considering high scores as something that is too difficult to achieve, **think of that difficulty as a challenge for improvement.**



Key Points

1. During a round, if you feel yourself getting tired or being too much in your head: **breathe and re-focus; have that “get to do” attitude.**
2. After you’ve scored your round and know the end result, **think about what you’re yet to achieve** so you can continue to improve (*it doesn’t always have to be about the score*).
3. When you do achieve your goals (whether it is immediate or long awaited): celebrate! **It’s important to acknowledge your successes!**

“Success is never final. Failure is never fatal.”

John Wooden

References

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