



### ***Introduction***

The Olympics are a time few of us have ever experienced. In order to be fully prepared for the games, you are asked to look ahead and anticipate what may happen. Aside from the competition itself, there are a host of activities, events, opportunities, and distractions that you'll face. In this exercise you'll be given a list of distractions that may occur at the Olympics. You'll be given an opportunity to first anticipate the factors you'll face by ranking the lists of items. This will help you devise a method for successfully dealing with these distractions prior to the games themselves.

### ***Instructions***

Your group has been asked to anticipate the factors that will most likely cause problems to your team during the 2014 Olympics. You, and your teammates are to identify the most likely distractions you'll face in Sochi, and to come to an agreement about those that will be a significant negative factor to you and your team.

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### ***The Authors***

Dr. Donald G. Murray and Dr. Charles L.R. Johnson Jr. began their work with Olympic teams in 1974. During their consultation, the U.S.A. men's team has moved from virtually unranked internationally (approx. 14<sup>th</sup> in the world) to become one of the top five teams in the world (1983).

Dr. Murray is a consultant to athletic teams, companies, service organizations, and businesses desiring to improve accomplishment, productivity, and excellence in achievement. Don is a consultant in private practice located in Eugene, Oregon. His doctorate is in Educational Psychology, University of Oregon, 1973.

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## ***The Situation***

The Olympics are a time few of us have ever experienced. It's a time of intense pressure, excitement, and recognition, along with the sheer excitement of competing on the world stage. All Olympic athletes look for ways to best prepare for that kind of pressure. Here is how to mentally rehearse for what might happen, by looking ahead and anticipating the future. Aside from the competition itself, there are a host of activities, events, and distractions an Olympian will face in Russia. In this exercise you'll be given a list of typical distractions generated by former Olympic athletes. You'll then be given an opportunity to rank the factors from most to least. The discussion exercise is designed to help any sports team prepare.

For purposes of this exercise you may want to think of yourselves as members of the USA Olympic ski team. You and those at your table are to think like the actual competitors. Assuming this was for real, what would distract you most.

Your group has been asked to come to a consensus to anticipate the factors that will most likely cause problems to you and your team during the 2014 Sochi Olympics. First by yourself, put the number 1 by the top distraction and number 2 by the second largest distraction and so on. After average your team's scores for each distraction. Then compare your score to the teams and the experts.

## ***Background***

Sochi Olympics are located on the coast of the Black Sea in very close proximity to the Northern Caucasus Mountains. You'll travel by plane to Sochi International Airport. The Russians have assigned 30,000 police officers for security because of the constant threats and violence in the Northern Caucasus Mountains. Once you arrive in the resort town you'll see nearly a thousand apartment units in a dozen or so high rise facilities. You will see the Fischt Olympic Stadium, the largest arena on the Sochi campus that seats 40,000. Virtually all skiing competition will be held just behind Sochi in the nearby Caucasus Mountains. You hear there are ample restaurants, nightclubs, and places to hang out in the resort town, all of it constructed for these Olympic games.

You and your teammates have been assigned to a dorm, with its own cafeteria set up to produce US menu items, along with other US teams (Bobsled, Free Style, Action Sports, Slalom/downhill).



**PT I:**

**Rank Distractions from 1 to 10. Number 1 being the most distracting and number 2 being the second most, etc.**

<b>Distractions</b>	<b>Individual</b>	<b>Team</b>
Eliminated Athlete Behavior/ Partying		
Ticketing/Spectating		
Trading Mementos/ Memorabilia		
Social Media/ Staying Connected		
Press/ Media Initiatives		
Family/ Friends Seeking Notoriety		
Flirting/ Sexual Opportunities		
Logistics/Travel/ Amenities		
Sports Dignitaries		
Post Olympic Plans/ Schedule		



**PT. II:**

**Now Compare your Individual and Team Scores to the Experts. Take the absolute value. Example: If you put that Eliminated Athlete behavior was the number 7 distraction your score would be 3, not -3.**

**Sum up the total difference in all scores to see how you did as an individual and team member.**

Distractions	Individual	Team	Expert	Exp - Indiv	Exp - Team
Eliminated Athlete Behavior/ Partying			4		
Ticketing/Spectating			1		
Trading Mementos/ Memorabilia			10		
Social Media/ Staying Connected			2		
Press/ Media Initiatives			6		
Family/ Friends Seeking Notoriety			3		
Flirting/ Sexual Opportunities			8		
Logistics/Travel/ Amenities			5		
Sports Dignitaries			9		
Post Olympic Plans/ Schedule			7		
			Total:		