

# Canadian trampoline championships in Durham this week

Durham College to host national competition

DURHAM — The 2017 Canadian trampoline championships are being held this week in Oshawa.

The event runs to Sunday, July 16 at Durham College.

Among the 350 athletes expected to compete is Rosie MacLennan, who won individual gold medals for Canada at the 2012 London Olympics and the 2016 Rio de Janeiro Olympics. Also expected is the Australian national team.

The championships will serve as a national team selection event.

Competition begins on Thursday, July 13 at 3:30 p.m.

Tickets are available and cost \$10 a day or \$20 for an event pass for adults, while students (five to 18 years) and seniors (60 and older) are \$5 a day or \$10 for an event pass. Tickets are available at the door.

# The search for perfection does more damage than good

Focus on small, positive and incremental changes as you follow your dreams and passion



Dr. Douglas Smith  
Guest columnist

The search for perfection destroys more dreams than most athletes realize.

Trying very hard to play perfectly all the time does considerable damage to our competitive spirit and self-esteem.

Athletes who expect to play their best every outing are going to play tentatively, cautiously and try not to make mistakes. This causes tension and tightness in the body and inevitably leads to making more mistakes.

In other words, the fear of making mistakes sets the competitor up to think negatively and expect the worst to happen.

When poor performance begins, perfectionists tend to get angry with themselves and become their own worst enemies.

They set up a chain reaction of self-criticism, anger, impatience, loss of focus and confidence. This inevitably leads to more tension, tightness and fear of failure.

In an effort to cure a slump in performance, the perfectionist decides to work harder and put in more physical effort to remove the mistakes and poor performance, hoping that the cause is in the physical domain.

Unfortunately, all this extra physical effort makes things worse by exhausting the athlete and digging a deeper rut.

This vicious cycle repeats itself over and over in every competition until the perfectionistic athlete discovers the cause of poor performance is in the mind, not in the physical/technical area.

In order to eradicate perfectionistic tendencies we must accept the fact that we will always make mistakes no matter how good we perform over time.

Learning to accept our fallibility and work on our mental weaknesses, mistakes and failures is a necessary ingredient for improvement and success in any sport and endeavour.

Instead of trying to play perfectly, we should be focusing on small positive incremental changes in our thinking, emotions and reactions.

Then we need to practice accepting our performance as good enough for the day and continue to work on the mental changes during practice and competition.

If we are patient and change the mental programming over time, we should notice the passion and joy returning to our game along with a stronger belief that our dreams can be realized.

Dr. Douglas Smith is a licensed psychologist in Ontario specializing in sport psychology since 1985. Contact him at 905-430-3538 or drdoug@promind.ca; website [www.promind.ca](http://www.promind.ca)



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