

Impact of music?

Music can have a massive impact on your mental state before competition. It can act as a motivator, a distracter or a relaxing tool.

Key factors when choosing your music

Tempo – The speed of the music can be a strong factor impacting on your desired mental state. General trends:

- Faster = More energising
- Slower = More relaxing

Volume - The volume of the music can be a strong factor impacting on your desired mental state. General trends:

- Louder = More energising & more isolating
- Quieter = More relaxing & more 'background music'

Lyrics – The lyrics in a song can have strong influence on the impact of your music. General trends:

- More lyrics = More distracting (you tend to sing along)
- Less lyrics = More 'background music'

Association – Special images, memories or feelings associated with a song can have a strong influence on the impact of your music. General trends:

- Strong influence = strong emotional impact

Timing – When you listen to music before a competition is an important factor. General. Timing can include:

- At home or hotel before competition
- On the way to the venue
- Before warm-up
- During warm-up
- Just before competition

Everyone is different

One of the key aspects of music as its impact on a pre-competition plan is that everyone is different in the styles of music that like to use. The key for choosing music is to think about "Does this music move me towards how I want to be feeling at this stage of my preparation?"