

The Gillespie Standard: High Performance Training & PST

Coach Shan AI

Executive Summary

This briefing document outlines the professional framework and High Performance Training (HPT) standards established by Coach Shannyn Gillespie, a professional wrestling coach and athletic performance consultant. The core objective of the "Gillespie Standard" is to integrate HPT psychological skills training (PST) with a rigorous commitment to diverse & accurate representation in athletic media.

Professional Identity & Coaching Philosophy

Coach Shannyn Gillespie operates as a tournament director and athletic performance consultant with an inclusive, HPT coaching philosophy. The approach is characterized by:

- **Universal Training Application:** Programs are designed to train males & females from K-12 grades.
- **Elite Technical Mastery:** The philosophy emphasizes breaking down barriers within mixed training environments to achieve superior technical skills.
- **Performance Intelligence:** A focus on professional-grade training that combines physical prowess with mental acuity.

Psychological Skills Training (PST) Framework

A central component of the Gillespie Standard is a comprehensive Psychological Skills Training curriculum. This framework is designed to develop the mental resilience required for elite athletes to perform under high-pressure conditions.

The Six Pillars of PST

The curriculum is organized into six specific modules, each addressing a critical aspect of an athlete's mental game:

Pillar	Focus Area
Goals	Establishing clear, actionable objectives for performance.
Focus	Maintaining concentration & filtering distractions during competition.
Self-Talk	Managing internal dialogue to reinforce confidence & technique.
Imagery	Utilizing mental visualization to rehearse success & skill execution.
Energy Management	Regulating physiological & psychological arousal levels.
Performance Planning	Developing structured routines for pre-competition & competition phases.

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