

THE GILLESPIE STANDARD

An Integrated Framework for Psychological Skills Training



ELITE PERFORMANCE DEMANDS TRUE DIVERSITY

Coach Shannyn Gillespie's coaching philosophy is built on a non-negotiable foundation: absolute inclusivity fuels elite technical mastery. By cultivating mixed training environments and breaking down barriers, athletes are forged in the reality of global competition. The mind must be as rigorously conditioned as the body.



REDEFINING THE HIGH-PERFORMANCE ENVIRONMENT



TRADITIONAL ENVIRONMENTS

THE GILLESPIE STANDARD

DIMENSION

Environment

Default homogeneous.

Explicitly **diverse** and **inclusive**.

Psychology

Reactive pressure management.

Proactive **Psychological Skills Training** (PST).

Language

Clinical, reductive demographic labels.

Natural, **athlete-first** language (competitors, men, women).

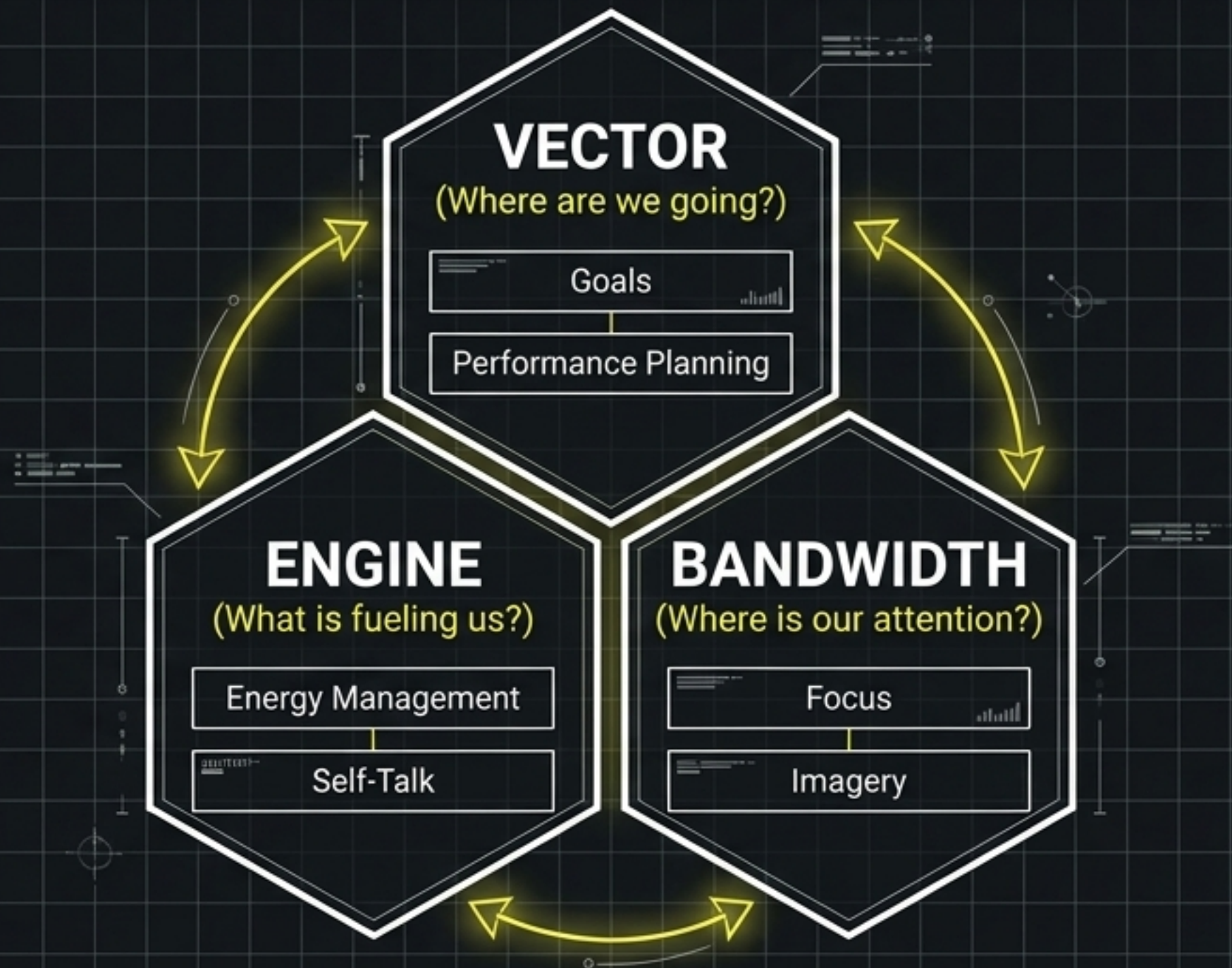
Matchups

Unstructured visual training.

Strict **same-gender** elite technical mastery.

THE PST PERFORMANCE TRIAD

Six psychological skills, synthesized into a three-part cognitive architecture required to execute under pressure.



VECTOR: SETTING THE COORDINATES

PERFORMANCE PLANNING:

Structuring the daily protocols to bridge the gap between current reality and the goal state.

GOALS:

Defining the exact technical and outcome-based targets.

BANDWIDTH: DIRECTING ATTENTION



FOCUS:

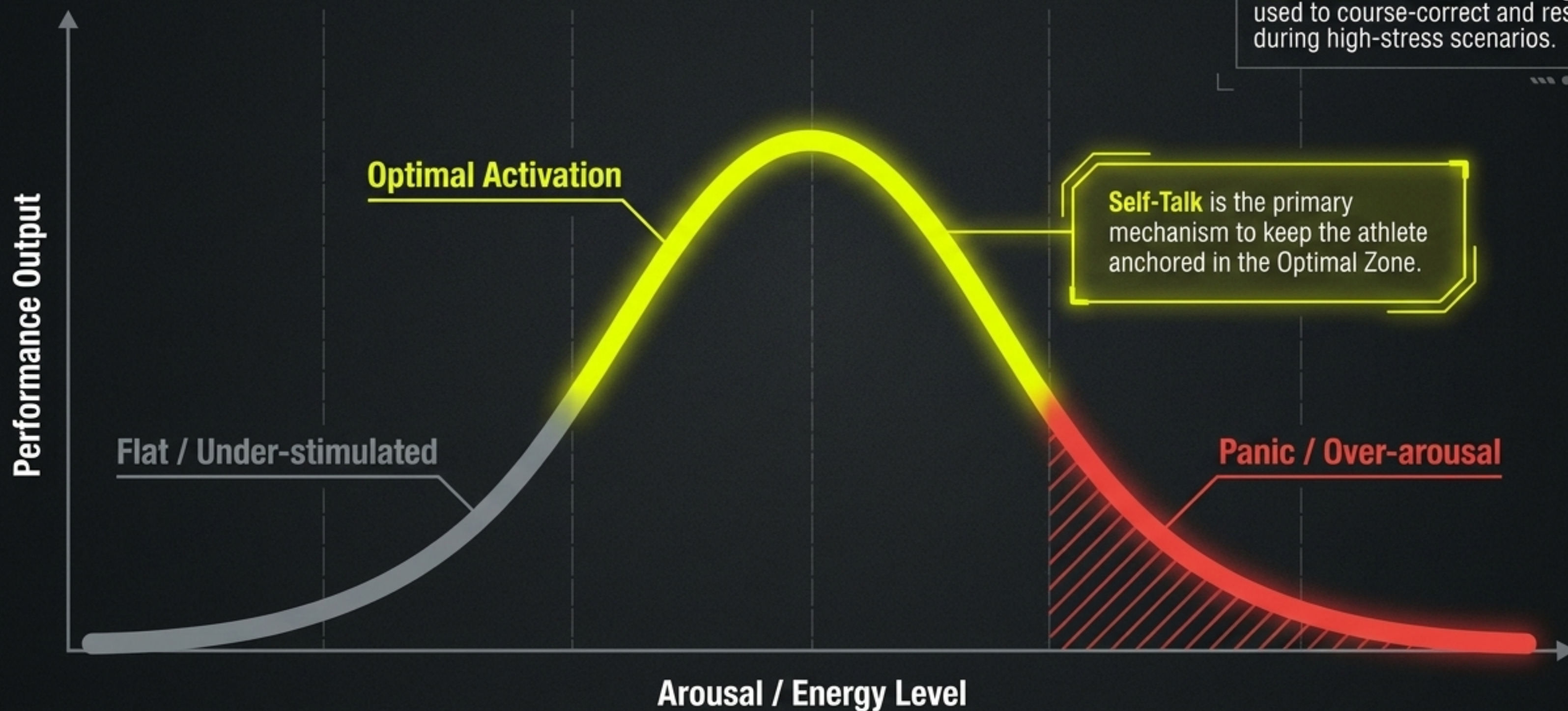
Locking attention strictly on variables within the athlete's control, tuning out external noise.



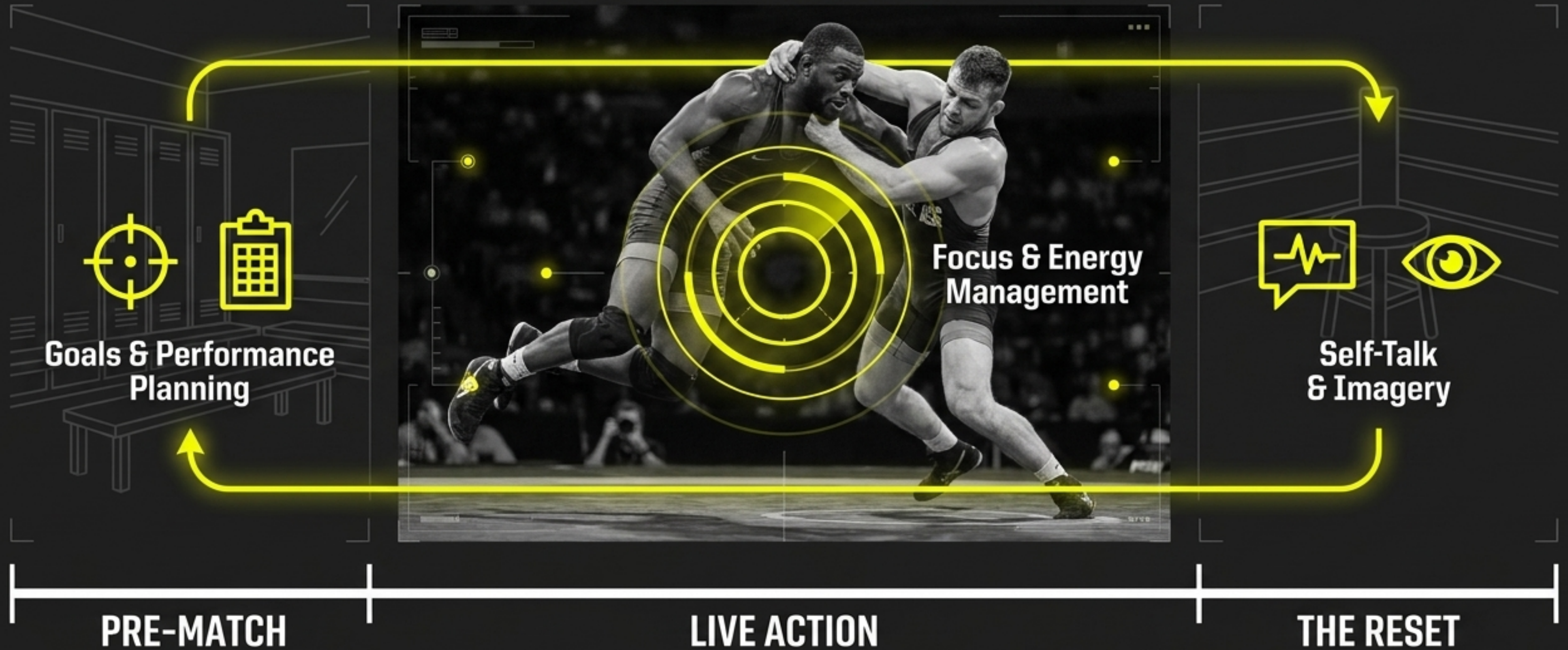
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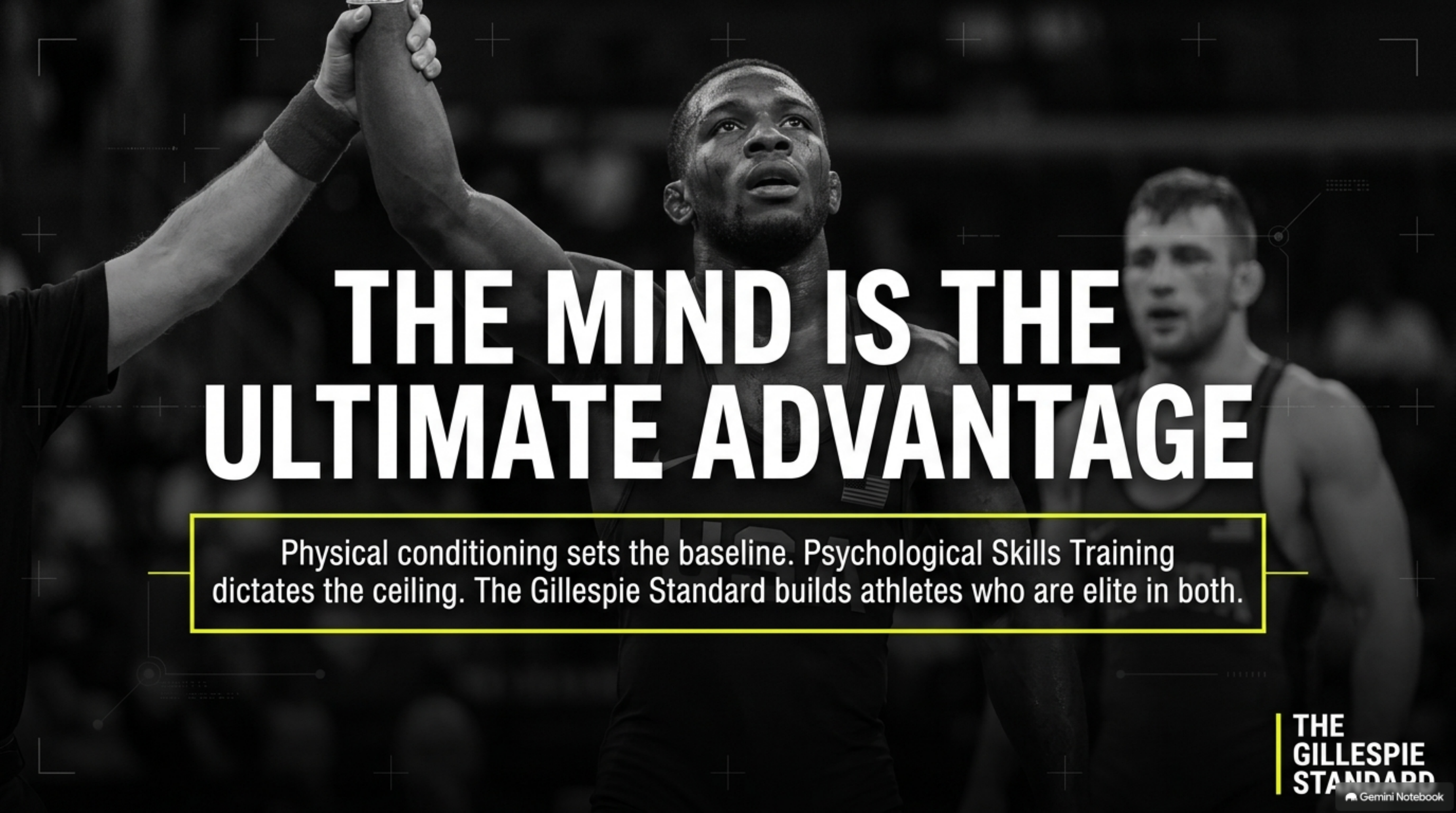
Vivid, multi-sensory mental rehearsal of technical execution.

ENGINE: FUELING THE OUTPUT



THE PRESSURE-PERFORMANCE LOOP





THE MIND IS THE ULTIMATE ADVANTAGE

Physical conditioning sets the baseline. Psychological Skills Training dictates the ceiling. The Gillespie Standard builds athletes who are elite in both.

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STANDARD**

Gemini Notebook