

NITP (or any high performance endeavor for that matter) Selections

Paper by Andrew Jantke – U18 SA Metro Men Head Coach and NITP Associate Coach

NITP selections will be fluid. You may be "cut", you may be asked back later on, you may be moved between squads. Nothing is certain, nor guaranteed. Uncertainty is the nature of the industry of elite sports, and probably any high level pursuit for that matter. Expect it, embrace it. Research shows that many elite athletes love the challenge of this uncertainty - do you? (Romo, 2014)

A truism of any high performance endeavour in life

"Ten years from now there will be people who have achieved extraordinary success in every field of endeavor. While we don't know who they will be, one thing is sure - they won't be people who have played it safe and stuck to 'business as usual'. Rather, they will be people who have continued to stretch themselves, to forge new ground despite the unpredictability it invites, and to risk failure in the process. Because if one thing is certain, certainty can be comfortable and demand little from us, but clinging to it limits our future, stifles potential, shrinks opportunity and precludes us from ever realizing just how much we're capable of doing." <http://www.forbes.com/sites/margiewarrell/2015/07/21/why-embracing-uncertainty-is-critical-to-your-success/#76c6a7a2fb65>

NITP is a high performance program and there is one truism of high performance:

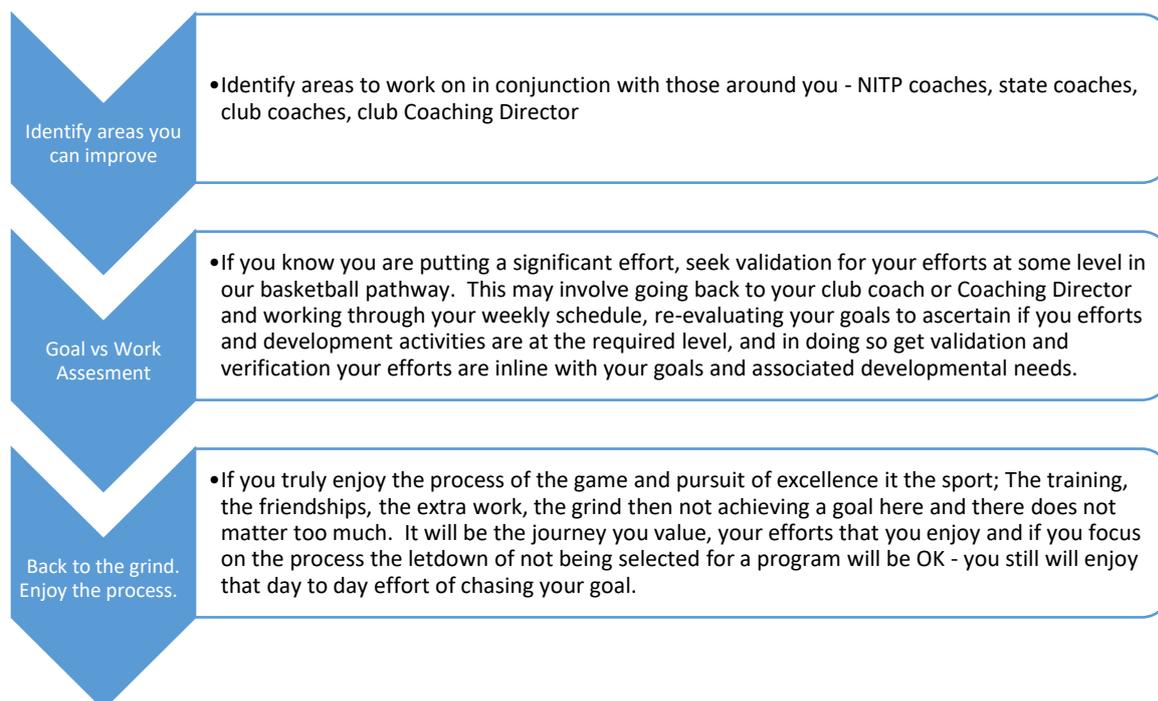
"If you are all truly high performance competitors, striving to be the best, then sorry; You are ALL going to be cut!!"

If you have goals and dreams to climb our sports pathways locally and abroad that will mean you always want that next step, that next achievement, that next goal. It is 100% true that you cannot, nor can anyone, achieve success every single step of the way. That just never happens. If you want to pursue excellence in a pathway expect to not get a role, to get "cut" every once in a while. How you deal with this situation is what counts.

In an age where everyone is trying to tell you things to keep you happy in terms of feedback not being selected for a team, or being cut is actually very rare opportunity to receive good, open, honest feedback. Use it, take it on board, **embrace** this.

Keys steps are:

These are some suggested steps when you get cut, don't obtain that goal or achieve your desired success.



So, do you have an average mindset or an elite mindset?

Mindset option 1 – Average mindset. You are ALL about THE goal: If you do not enjoy the process but are doing a lot of work, playing the game solely for a goal at all costs then you will soon give up. You will decide at that first setback it isn't for you because you are so invested, have worked so hard, only to not achieve that goal. Everyone will get cut as per the truism above, so quitting or not pursuing the process is what a person with an average mindset would do.

Mindset option 2 – Elite mindset. You have goals, BUT YOU LOVE the process: If you truly enjoy the process of pursuing excellence it will be easy to continue the process if you don't get selected or are cut. This is elite, this is YOUR point of difference.

Summary – BE different, BE elite: YOUR process, YOUR journey is what sets you apart from your peers, it is not the attainment or non-attainment of a common goal along the way, everyone will not attain a goal some stage. That is normal, your process is what sets you apart, this is what makes you "elite". Your pathway to achievement will never be like anyone else's if you keep pursuing excellence even when you are cut or not selected. YOUR process, YOUR journey.

NITP is not the be all and all

Whilst NITP programs are heavily measured on output of international calibre players and coaches there are some very recent examples of players who were cut from NITP and/or never even did NITP.

Lat Mayen and Isaac White are significant examples. In Lat's case he was never selected for NITP and Isaac White was actually cut for his final 18 months. Isaac and Lat have gone on to play for Australia and are in a very, very elite* group of basketball players in the history of SA Hoop's to sign to high major, division 1 NCAA programs in Stanford (Pac-12) and TCU (Big 12) respectively. They fought challenges and sought out help, support and guidance, and eventually succeeded through their own hard work and resilience, along with some extra support. Infact many of the principles and ideas presented above were consistently presented and discussed with both Isaac and Lat throughout their journey into international players.

If you want to find out more about Isaac White's story you can do a google search for: "[Isaac White: Mental toughness and dedication](#)" – have a read of the article Isaac wrote about HIS journey for my website (www.highperformancehoopsnetwork.com) – truly inspirational.

*Previous athletes to high major, power conferences were Pero Vasiljevic (Kansas State), Luke Schenscher (Georgia Tech) and Martin Bartmentloo (U of Arizona).

Reference

Bibliography

Romo. (2014). You Never Know What's Gonna Happen. *Communication & Sport*, Volume 3, Issue 4, pp 458 -480.