

**ANXIETY AND MOTOR PERFORMANCE:
CONSCIOUS PROCESSING AND THE
PROCESS GOAL PARADOX**

ANDREA LEIGH FAULL

Thesis submitted to the University of Wales in fulfilment of the requirements for the degree of Doctor of Philosophy at the Cardiff School of Sport, University of Wales Institute, Cardiff.

OCTOBER, 2009

This thesis is dedicated to my wonderful parents, John and Deirdre.

DECLARATION

This work has not previously been accepted in substance for any degree and is not concurrently submitted in candidature for any degree.

Signed: (Candidate)

Date:

STATEMENT 1

This thesis is the result of my own investigations, except where otherwise stated. Other sources are acknowledged by giving explicit references. A bibliography is appended.

Signed: (Candidate)

Date:

STATEMENT 2

I hereby give consent for my thesis, if accepted, to be available for photocopying and for inter-library loan, and for the title and summary to be made available to outside organisations.

Signed: (Candidate)

Date:

LIST OF CONTENTS

	PAGE
DEDICATION	i
DECLARATION	ii
LIST OF CONTENTS	iii
LIST OF APPENDICES	vii
LIST OF TABLES	viii
LIST OF FIGURES	ix
ACKNOWLEDGEMENTS	x
Summary	xi
CHAPTER 1 INTRODUCTION	1
Introduction	2
<i>Purpose of thesis</i>	2
<i>Structure of thesis</i>	3
<i>Considerations in the presentation of the thesis</i>	5
CHAPTER 2 REVIEW OF LITERATURE	7
Introduction	8
<i>Definition of terms</i>	8
<i>Stress</i>	8
<i>Anxiety</i>	9
<i>Arousal and Activation</i>	10
<i>Measurement issues</i>	11
<i>Mechanistic explanations for performance decrements</i>	12
<i>Easterbrook's cue utilisation theory</i>	12
<i>Cognitive interference theory</i>	15
<i>Wegner's ironic processes of mental control</i>	15
<i>Processing efficiency theory</i>	18
<i>Conscious processing hypothesis</i>	25
<i>Additional relevant literature</i>	33
<i>Summary</i>	44

	PAGE
CHAPTER 3 AN INVESTIGATION OF THE PROCESS GOAL PARADOX (STUDY 1)	45
Abstract	46
Introduction	46
Method	52
<i>Participants</i>	52
<i>Apparatus</i>	52
<i>Design</i>	53
<i>Measures</i>	53
<i>Performance</i>	53
<i>Heart rate variability</i>	54
<i>Competitive state anxiety</i>	54
<i>Effort</i>	55
<i>Manipulation check</i>	55
<i>Experimental conditions</i>	55
<i>Procedure</i>	56
<i>Data analysis</i>	58
Results	58
Discussion	66
CHAPTER 4 A NOVICE VERSUS EXPERT INVESTIGATION OF THE PROCESS GOAL PARADOX (STUDY 2)	76
Abstract	77
Introduction	77
Method	88
<i>Participants</i>	88
<i>Experimental conditions</i>	88
<i>Apparatus</i>	89
<i>Measures</i>	90
<i>Performance</i>	90
<i>Anxiety</i>	90
<i>Heart rate variability</i>	90
<i>Effort</i>	91
<i>Manipulation checks</i>	92
<i>Generic and Episodic manipulation checks</i>	92

	PAGE
<i>Anxiety intervention</i>	92
<i>Procedure</i>	93
<i>Data analysis</i>	94
Results	95
Discussion	101
CHAPTER 5 AN INVESTIGATION INTO THE NUMBER OF PART PROCESS GOALS AS AN EXPLANATION FOR PERFORMANCE DECREMENTS UNDER CONDITIONS OF HIGH ANXIETY (STUDY 3)	108
Abstract	109
Introduction	109
Method	113
<i>Participants</i>	113
<i>Measures</i>	114
<i>Performance</i>	114
<i>Anxiety</i>	114
<i>Experimental conditions</i>	115
<i>Manipulation check</i>	115
<i>Anxiety intervention</i>	116
<i>Procedure</i>	116
<i>Data analysis</i>	118
Results	118
Discussion	120
CHAPTER 6 A QUALITATIVE INVESTIGATION INTO THE CAUSES AND MECHANISMS CONTRIBUTING TO PERFORMANCE FAILURE	125
Abstract	126
Introduction	126
Method	132
<i>Participants</i>	132
<i>Interview guide</i>	133
<i>Procedure</i>	135

	PAGE
<i>Data analysis</i>	135
<i>Trustworthiness</i>	136
Results	137
<i>Pre-event and on competition day experiences</i>	138
<i>Performance failure experiences</i>	146
Discussion	150
CHAPTER 7 SUMMARY AND CONCLUDING COMMENTS	162
Introduction	163
<i>Synopsis of the aims and major findings of the thesis</i>	163
<i>Study 1: An investigation of the process goal paradox</i>	165
<i>Study 2: A novice versus expert investigation of the process goal paradox</i>	166
<i>Study 3: An investigation into the number of part process goals as an explanation for performance decrements under conditions of high anxiety</i>	167
<i>Study 4: A qualitative investigation into the causes and mechanisms contributing to performance failure</i>	168
<i>Theoretical issues</i>	170
<i>Lack of support for the conscious processing hypothesis</i>	170
<i>Effort</i>	172
<i>Individual differences and predisposition to reinvest</i>	173
<i>Interdisciplinary research</i>	174
<i>Applied implications</i>	175
<i>Distractions and possible distraction techniques</i>	175
<i>Basic psychological skills training</i>	176
<i>Positive identification and early detections of antecedents</i>	177
<i>Research strengths</i>	178
<i>Research Limitations</i>	179
<i>Anxiety interventions and measurement issues</i>	179
<i>The nature and content of process goals</i>	180
<i>Sample size and statistical power</i>	181
<i>Future research directions</i>	181
<i>Conclusion</i>	182
REFERENCES	183
APPENDICES	195

LIST OF APPENDICES

		PAGE
APPENDIX A	Informed consent form	195
APPENDIX B	Competitive State Anxiety Inventory-2 (neutral version)	196
APPENDIX C	Rating scale of mental effort	197
APPENDIX D	Debriefing sheet	198
APPENDIX E	Generic and Episodic Questionnaires	199
APPENDIX F	Free thrown instructions provided to novices	200
APPENDIX G	ARTST court markings and scoring system	201
APPENDIX H	List of technical points for tennis serves	202
APPENDIX I	Interview guide	203
APPENDIX J	Exemplar interview transcript	207

LIST OF TABLES

		PAGE
CHAPTER 3 (STUDY 1)		
TABLE 1	ANOVA summaries for acquisition and competition conditions	61
TABLE 2	Mean HRV and HR values for acquisition blocks	63
TABLE 3	Mean HRVMF, HRVHF and HR values for competition condition	65
TABLE 4	Mean self reported mental effort scores for competition condition	66
CHAPTER 4 (STUDY 2)		
TABLE 1	ANOVA summaries for cognitive anxiety	95
TABLE 2	Mean cognitive anxiety scores for experts and novices in low and high anxiety conditions	96
TABLE 3	ANOVA summaries for performance	97
TABLE 4	Mean performance scores for experts and novices in low and high anxiety conditions	97
TABLE 5	ANOVA summaries for generic and episodic manipulation checks	98
TABLE 6	ANOVA summary for self reported mental effort	99
TABLE 7	Mean self reported mental effort scores for experts and novices	99
TABLE 8	ANOVA summaries for cardiac variables	100
CHAPTER 5 (STUDY 3)		
TABLE 1	Mean cognitive anxiety scores in low and high anxiety conditions	119
TABLE 2	Mean tennis serve performance scores for the three part process goal groups in low and high anxiety conditions	119

LIST OF FIGURES

		PAGE
CHAPTER 2 (REVIEW OF LITERATURE)		
FIGURE 1	Easterbrook's cue utilisation theory	13
CHAPTER 3 (STUDY 1)		
FIGURE 1	Mean lap time scores for acquisition and competition per block	60
FIGURE 2	Mean driving error scores per lap for acquisition and competition blocks	60
CHAPTER 4 (STUDY 2)		
FIGURE 1	Level x Group interaction for HRVMF spectral power	101
CHAPTER 6 (STUDY 4)		
FIGURE 1	Pre-event and competition day data and themes	140
FIGURE 2	Performance failure data and themes	147

ACKNOWLEDGEMENTS

I would like to thank the following people who have assisted me in the completion of this thesis.

Firstly, I would like to thank my supervisor, Dr Richard Mullen for his expertise, valuable insight and thoroughness, throughout this programme of research. His knowledge and patience has contributed to my development as a researcher, lecturer and applied practitioner. I look forward to working with you in the future.

To Professor Sheldon Hanton, for his comments and advice throughout my time at UWIC, particularly during the final preparations of my thesis. I am also thankful to Professor Scott Fleming for his guidance during the final stages.

To my friends, old and new, who have remained supportive, understanding and caring.

And lastly to mum and dad, without you both I would not have completed this thesis. Your support, encouragement, patience, love and unfailing doubt in my ability, gave me the motivation and drive to keep working and believing in myself. For that, I am eternally grateful.

Summary

This thesis examined the process goal paradox and the conscious processing hypothesis (CPH; Masters, 1992) as an explanation for performance decrements in conditions of high cognitive state anxiety. The aims of the thesis were to: (1) investigate the process goal paradox as a means of examining conscious processing effects, (2) examine the number of part process goals as a method of inducing conscious processing and (3) to make use of an interdisciplinary approach to uncover the mechanisms underlying conscious processing effects. The thesis comprised four empirical studies that adopted a range of methodological approaches including quantitative and qualitative research. Study 1 examined the process goal paradox using a part process goal, a holistic process goal, an external goal and a discovery learning group in a driving simulation task in acquisition and across neutral and competition conditions. Study 2 investigated the process goal paradox using a part process goal, a holistic process goal and an external goal, in novice and expert performers in a basketball free throw task in low and high anxiety conditions. Study 3 examined the impact of using a varying number of part process goals when performing under high and low anxiety conditions in expert tennis players. Overall the findings of studies 1, 2 and 3 supported the use of goals in preventing performance decrements under conditions of high anxiety. No support was found for conscious processing. Subsequently, study 4 aimed to ascertain the causes and mechanisms that contribute to performance failure under pressure. Overall, the results of study 4 suggest that performance decrements under conditions of high anxiety are more suitably explained by attentional based theories such as Processing Efficiency Theory (PET; Eysenck & Calvo, 1992) rather than self focus explanations, such as the CPH.

APPENDIX A

Informed consent to participate in a research project or experiment

The researcher conducting this project subscribes to the ethics conduct of research and to the protection at all times of the interests, comfort, and safety of participants. This form and the information it contains are given to you for your own protection and full understanding of the procedures. Your signature on this form will signify that you have received information which describes the procedures, possible risks, and benefits of this research project, that you have received an adequate opportunity to consider the information, and that you voluntarily agree to participate in the project.

Having been asked by Andrea Faull of the School of Sport, PE and Recreation of the University of Wales Institute, Cardiff to participate in a research project experiment, I have received information regarding the procedures of the experiment.

I understand the procedures to be used in this experiment and any possible personal risks to me in taking part.

I understand that I may withdraw my participation in this experiment at any time.

I also understand that I may register any complaint I might have about this experiment to Dr Richard Mullen (supervisor of this project), and that I will be offered the opportunity of providing feedback on the experiment using standard report forms.

I may obtain copies of the results of this study, upon its completion, by contacting:
Andrea Faull on afaull@uwic.ac.uk

I confirm that I have been given adequate opportunity to ask any questions and that these have been answered to my satisfaction.

I agree to participate in the study.

Name (please print legibly):

Date of participation:

Address (optional):

Contact telephone number:

Date of birth:

Signature:

APPENDIX B

UNIVERSITY OF WALES PERFORMANCE QUESTIONNAIRE (CSAI-2)

Name: _____

Date: _____

Directions: A number of statements which basketball players have used to describe their feelings before performing are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate *how you feel right now* - at this moment. There are no right or wrong answers. Do not spend too much time on any one statement, but choose the answer that describes your feelings *right now*.

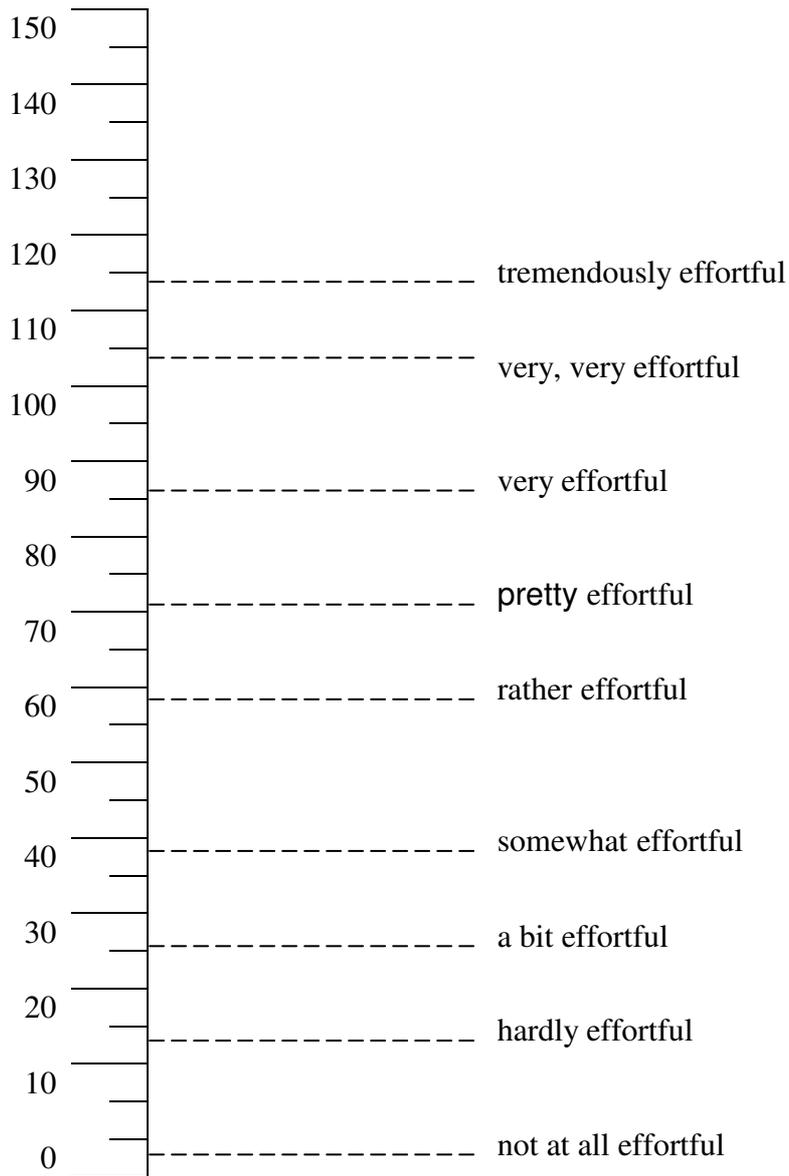
	Not At All	Somewhat	Moderately so	Very much so
1. I am concerned about this task.....	1	2	3	4
2. I feel nervous.....	1	2	3	4
3. I feel at ease.....	1	2	3	4
4. I have self-doubts.....	1	2	3	4
5. I feel jittery.....	1	2	3	4
6. I feel comfortable.....	1	2	3	4
7. I am concerned that I may not do as well in this task as I could.....	1	2	3	4
8. My body feels tense	1	2	3	4
9. I feel self-confident.....	1	2	3	4
10. I am concerned about failing.....	1	2	3	4
11. I feel tense in my stomach.....	1	2	3	4
12. I feel secure.....	1	2	3	4
13. I am concerned about choking/freezing under pressure.....	1	2	3	4
14. My body feels relaxed.....	1	2	3	4
15. I'm confident I can meet the challenge	1	2	3	4
16. I'm concerned about performing poorly	1	2	3	4
17. My heart is racing.....	1	2	3	4
18. I'm confident about achieving my goal	1	2	3	4
19. I'm worried about this task	1	2	3	4
20. I feel my stomach sinking.....	1	2	3	4
21. I feel mentally relaxed.....	1	2	3	4
22. I'm concerned that others will be disappointed with my performance	1	2	3	4
23. My hands are clammy.....	1	2	3	4
24. I'm confident because I mentally picture myself performing well.....	1	2	3	4
25. I'm concerned I won't be able to concentrate.....	1	2	3	4
26. My body feels tight.....	1	2	3	4
27. I'm confident of performing well under pressure.....	1	2	3	4

APPENDIX C

Rating Scale of Mental Effort (RSME)

Please indicate on the scale below how much effort you put into the task you have just completed.

Please circle a number on the left-hand side of the scale as appropriate.



Appendix D

Debriefing sheet

This experiment was designed to assess which process goal produces the best performance whilst carrying out a task (driving simulation task). Some of the participants focused their attention on an internal process goal whereas others focused their attention on an external process goal. It is predicted that those participants who focused their attention on an external process goal are likely to perform better even when put under conditions of stress.

Should you have any questions on the experiment please use this time to ask the experimenter, she is more than happy to answer any additional questions.

If you are interested in the outcome of the experiment than you can request a copy of the results by contacting the experimenter on: afaul@uwic.ac.uk

Appendix E

Generic Questionnaire

Certain steps are involved in executing a basketball free throw. Please list as many steps that you can think of, in the right order, which are involved in atypical basketball free throw.

The above question is given to participants BEFORE completing any free throws in session 1.

Episodic Questionnaire

Pretend that your friend just walked into the room. Describe the last free throw you took, in enough detail so that your friend could perform the same shot you just took.

The episodic questionnaire is administered at the end of the 3 practice sessions and the test session. Additional explanation might be required in order to make it clear that what is being asked for is a recipe or set of instructions that would allow the shot to be replicated in all its details by someone who had not seen it. Participants are told that the friend was not a basketball player but someone with ordinary knowledge of the game.

APPENDIX F

A copy of the instructions provided to the novice participants. A video was also used to support these instructions.

Performing the Free Throw Shot

1. Face the basket, feet behind the foul line.
2. The feet should be shoulder width apart with the knees bent.
3. Stand with the dominant foot and shoulder slightly in front of the other.
4. Hold the ball with the shooting hand as a platform with the palm facing upwards.
5. Set the ball on the hand as if holding an imaginary tray with the shooting hand. Hold the ball slightly above and in front of the head. Keep the elbow bent and in front of the wrist (not out to the side).
6. The other hand is used only to steady the ball. The hand is placed on the side of the ball.
7. To start, straighten the arms and legs.
8. Shoot the ball up and over. Imagine shooting the ball out of the top of a phonebox or over a seven-foot defender.
9. The proper release angle is about 60° above horizontal.
10. Move the balance hand slightly out of the way at release – do not use it to guide the ball.
11. The fingers of the shooting hand thrust the ball up and over (snap the wrist). This produces backspin on the ball, which produces a soft shot.

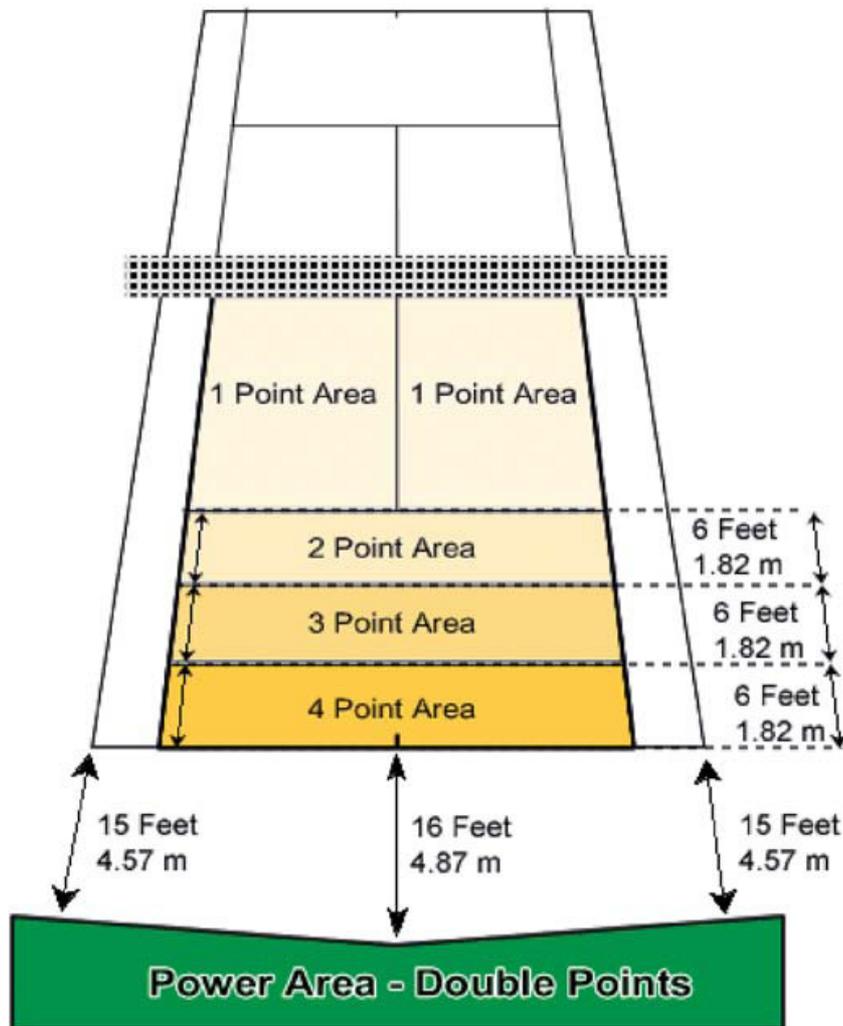
Video to support instructions.

APPENDIX G

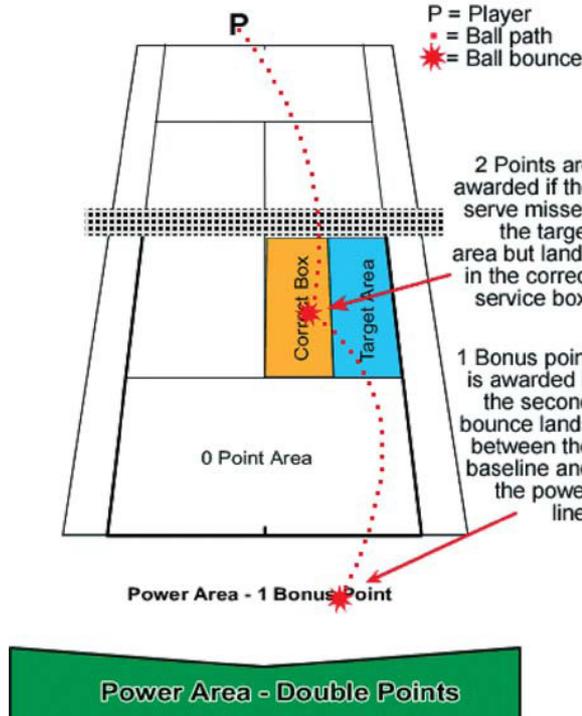
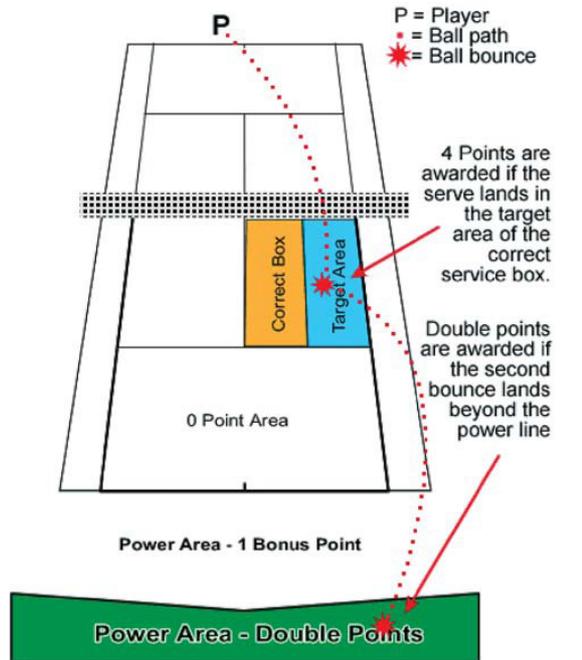
ARTST COURT MARKINGS AND EXPLANATION OF SERVICE AREAS AND POINTS

Court markings and initial set up for Avery Richardson Tennis Serve Test (ARTST; Avery, Richardson & Jackson, 1979).

The double points area was not used in the current research programme as this was added to the testing procedure following data collection completion.



P denotes the position of the player when taking serves from the right service area.



APPENDIX H

Technical Breakdown of Serves (32 points)

Ball Toss

1. Weight on back foot at beginning of toss
2. Ball held in fingers
3. Palm faces the sky as the arm raises
4. Tossing arm raises straight up the side of the body
5. Weight moves forward through the tossing action
6. Hips and shoulder begin to rotate through the toss
7. Ball toss approximately 2-20cm above maximum hitting height
8. Ball placed between slightly left and slightly right of front foot (depending of service type)
9. Simultaneous movement of arms with tossing arm leading slightly

Backswing

10. Racket face closed in backswing
11. Full extension of tossing arm
12. Shoulders nearer to vertical than horizontal in the trophy/ nike tick/ power position.
13. Weight forwards with hips inside the court
14. Significant knee flexion with hip and shoulder rotation by the end of the backswing
15. Foot up or foot back style

Forward swing

16. Drive legs to start forward swing, forcing racket down the back
17. Sequence of Leg drive> Trunk rotation> Upper arm elevation, forearm extension, upper arm internal rotation and forearm pronation> Hand flexion
18. Shoulder over shoulder rotation (cartwheel action)
19. Forward rotation (somersault action)
20. Maintain non-hitting arm extended for as long as possible, then pulled down and tucked into stomach
21. Up and out hitting action
22. Initially drive the butt of the racket towards the ball
23. Upward tracking of elbow
24. Individual 'toss-hit' rhythm

Contact

25. Contact point at maximum extension
26. Shoulders aligned more vertically than horizontally
27. Pronate and wrist snap through contact on flat serve
28. Less pronation on slice to contact the ball at 2-3 o'clock
29. Contact from 7 o'clock to 1 o'clock for topspin or kick serves.

Follow through

30. Follow through that allows natural continuation and deceleration of racket
31. Initially racket follows the dominant side, then tracks across the body
32. Front foot landing and then kick back

APPENDIX I

Copy of interview guide for Study 4

All the participants selected for the purpose of the interviews were contacted via telephone and / or email and informed that the interviewer was interested in how pressure and stress can have a negative impact on performance in sport. The act of choking under pressure was explained and the participants were asked if they had ever choked. All the participants interviewed had experienced choking under pressure and we willing to discuss their experiences.

Section 1

Introduction

Hello, I'm Andrea Faull from the Cardiff School of Sport at UWIC. I'm interested in investigating how pressure and stress can have a negative impact on performance in sport. Choking under pressure is something many elite level performers encounter during their career and it commonly occurs when performance is negatively affected due to high pressure situations in contrast to low pressure situations. I am particularly interested in understanding exactly what elite performers think about and feel when they are experiencing choking. I would like to talk about your choking experiences in competition situations. Thanks for agreeing to take part in this interview study. In this project I am talking to elite level performers, in a range of sports all whom have experienced choking under pressure.

The idea for the study has come from two studies I have already conducted and I want to understand more about athlete's experiences of choking. The information from this study will be used in two ways. First, the information will be used for my Ph.D. thesis and secondly, the results will be published in scientific journals so that other sports scientists, performers, coaches and sport psychologists can benefit from the knowledge.

The information you provide in this interview will remain **completely confidential**. I may use a selected number of quotes in order to illustrate important ideas or thoughts but these will remain strictly anonymous and I will ensure that your identity and information is protected. The use of a tape recorder is necessary for a number of reasons. The first is to make sure that I have complete and accurate information on the interview process and secondly so I will be able to make a typed manuscript to refer to later in the process.

As a participant in the study you have a number of rights. Your participation in the interview is entirely voluntary and you are free to decline to answer any questions or to stop the interview at any time. There are no right or wrong answers to the questions that I will be asking as I want to learn from your experience so I can better understand what high level performers think. I hope, therefore that you will answer the questions in an open and honest way. If there are any questions you do not feel comfortable answering I would rather you decline to answer rather than to tell me what you think I would to hear. If at any stage this is the case then just state "no comment" and I will move onto the next question.

If you have any questions as we go along then please ask for direction or clarification or if you want me to repeat the question.

ORIENTING INSTRUCTIONS: There is one thing that I want you to bear in mind throughout the course of the interview. I will be asking you about your experience as an

elite level performer and will be asking you to think back to a time when you experienced a drop in performance due to the pressure/stress that you experienced because of the importance of the competition or the situation. Since you may have to think back in time you may not be able to immediately remember some things. Take your time to think about it and recall the past, don't rush, pauses are fine. If you can't remember then just let me know, but please don't guess or just make something up.

When you are doing this recall, please remember that I am interested in what you were thinking and feeling and the emotions you were experiencing when you choked. Your answer should relate to one particular incident that is prominent in your mind.

The interview contains several parts starting with some background information and working through the specific times when you experienced choking in a competition situation.

Section 2

Background information

1. How old were you when you began participating competitively?
 - a. E.g. racing at weekend galas, club championships etc
2. Did you take part in any other activities other than your sport?
 - a. Probe: Sport related / non-sport related.
3. How often do you compete at the moment?
 - a. If not competing at the moment then at the time of the choke how often where you training?
4. Approximately how much training does it involve / did it involve at around the time of the choke?

Section 3

Competition situation

As I have explained, I am asking you to think back to a time when you experienced choking. Choking involves a drop in your performance due to the pressure/stress that you were under because of the importance of the competition. It does not necessarily have to be a win / lose situation it can just be a time when your performance dropped dramatically. I will refer to this as a time when you choked under pressure.

1. When did you experience choking under pressure?
 - a. Probe: How long ago was it?
 - b. Probe: What level of competition was it?
 - c. Probe: Where was the competition held?
 - d. Probe: Was this the first time you had competed at this place / event / level?
2. Is this the experience that you would like to focus on and talk about today?
 - a. Probe: Y / N explanation.
 - b. If no then clarify when and repeat first question to get the information

3. Tell me a little bit about the thoughts that you had in the weeks and days (or even hours) **before** you experienced the choke?
 - a. Probe: What was going through your mind?
 - b. Probe: How was it different to how you normally think?
 - c. Probe: What were you aware of?

4. Tell me a bit about the feelings that you had in the weeks and days (or even hours) **before** you choked.
 - a. Probe: How was it different to how you normally feel?
 - b. Probe: Where you aware of your feelings?

5. What about how you were behaving in the weeks and days (hours) **before** you experienced the choking under pressure?
 - a. Probe: Was your behaviour any different to normal?
 - b. Probe: Was your routine any different to normal?

6. Now let's move to immediately before the choke happened, literally the seconds before it happened. Can you tell me about your:
 - a. Thoughts
 - b. Feelings
 - c. Behaviour
 - d. Did you know that you were going to choke?
 - e. If yes, how could you tell, what was the trigger?

7. What actually happened to your performance when you choked? Can you describe to me how your performance got worse in detail?
 - a. Probe: Can you pinpoint what went wrong?
 - b. Can you think of any other ways that performance got worse?
 - c. Get them to really exhaust this question!!

8. What were you aware of when you actually choked?
 - a. Probe: What were you thinking of?
 - b. Probe: What was going through your mind?

9. Tell me a little bit about the feelings that you had when you were **actually** choking?
 - a. Probe: What sort of emotions were you experiencing?

10. Once you were aware that your performance was getting worse, did you do anything to try and recover?
 - a. Probe: Y / N Explain
 - b. Probe: How successful were your recovery attempts?
 - c. Probe: Why? What happened? How did that make you feel?
 - d. Probe: How did you cope with the performance decrease?

11. After the performance breakdown had happened can you tell me about what were you thinking immediately **after** you choked, in the seconds that followed?
 - a. What about the thoughts you were having?
 - b. Feelings?

12. What about your thoughts and feelings when you looked back on the incident, say in the hours after the competition or when you maybe spoke to your coach about it?
13. Was what was happened an isolated occurrence or did it happen again?
 - a. Probe: If not when else has it happened
 - b. Elaboration probe: Describe other instances in as much detail as you can remember
14. Are there any similar characteristics about the times when this happens, for example the type of competition, your level of preparation, your thoughts and feelings going into the competition / event?

Section 4

Conclusion

So that's the end of the main interview, I just need you to answer some questions before we finish.

1. How do you think the interview went?
2. Did you feel that you could convey your thoughts fully and explain your thoughts thoroughly?
3. Would you say that I led your answers in any way?
4. Do you think there were any major issues that you think were relevant that were not covered in the interview?
5. Have you got any comments or suggestions about the interview?

Useful probes for consideration:

1. Could you elaborate on that?
2. Could you say some more about that please?
3. That's helpful. I'd appreciate a bit more detail
4. I'm beginning to get the picture
5. You said that it was a success. What do you mean by success?
6. I'm not sure I understand what you meant by that. Would you elaborate please?
7. I want to make sure I understand what you are saying. I think it would help me if you could say something more about that

APPENDIX J

Exemplar interview transcript from a participant in Study 4

Interview 3 – AF and JT 05.05.06 3pm

AF: I'm getting used to the fact that my voice sounds absolutely horrible (both laugh) on this thing.

JT: laughs mine sounds really high

AF: Mine just sounds really low (both laugh) like ahhh...OK so like I said we'll just start with some background information...so like how did you get involved in sport generally?

JT: Generally probably primary school I got involved cause it was a very sporty school...ummm probably trampolining itself again I did it at school but I was a gymnast before hand...

AF: Oh right ok

JT: And umm so I did trampolining through that at school and had a competition and my coach now, at home, he was judging it and he came up to me and said would you like to join our club so that's how it started really.

AF: Ok so what age where you then?

JT:Ummm I think I was roughly 11, 11 or 12.

AF: OK, so you have been doing it for a while now

JT:ummhmm

AF: Ok and did you stick at gymnastics when you moved to trampolining?

JT: No it was a bit difficult cause I was doing gymnastics 3 times a week and doing trampolining 3 times a week so then I had started secondary school so I was doing other things like lacrosse at secondary school so I was just..it got to the point that I had to choose which external one I had to do because gymnasts I was I kinda thought to myself being a gymnast you kinda get to the peak about 18 or probably longer than that and I was like I want to carry on doing it and I thought trampolining was a bit more fun and wasn't as serious and ermm yea I used to cry a lot in gym cause they were quite strict and hurt me with the pain and stretching and all that so yea I wasn't enjoying it as much so I chose trampolining.

AF: And did you enjoying trampolining from the start?

JT: Yea definitely...it was a good social side as well cause I had like a lot of girls who were a lot older than me and we had like a close relationship they were like big sisters kinda of thing....it was a nice kinda external thing from school as well from your school friends.

AF: Cool, so you were saying that you also took part in gymnastics and did lacrosse did you do any other activities or was that kinda your main?

JT: Ummm no quite sporty always have been I used to do tennis and swimming...I mean competing wise it was I used to do matches in lacrosse and stuff I wouldn't compete well I used to do some internal school things like swimming competitions and things like that but ummm mainly lacrosse and trampolining yea.

AF: Ok so you have been kept busy anyway

JT: Yea (laughs)

AF: OK so you were saying that the choke was quite recently..

JT: Umm humm

AF: So emm how often are you sorta training for gym ah sorry for trampolining at the moment.

JT: At the moment? So its Monday, Tuesday...about 4 times a week now.

AF:ok and how often would you say you are competing?

JT: At the moment like it's the season at the moment, I've already had 3 competitions and then there are 2 coming up but I've decided not to do them because of exams because I find the exams...the stress from the exams effects my performance in trampolining...

AF: ok

JT: So I kinda thought I f I just concentrate on the exams and then after that I've got a month and a half before the nationals which is like the peak thing of the year.

AF: OK, so that's coming up

JT: Yea July, which I have already qualified in effect for that competition.

AF:Good stuff...ok so we'll move on to the actual like choking experience this is like the main part of the interview.

JT: Ummhmm

AF: So like, for the tape, I have already explained that choking involves a drop in performance due to the pressure or the stress of the situation...ummm I presume it was in a competition?

JT: Ummhmm

AF: Ok yea so that's when it happened...im going to ask you to think about a time..it doesn't necessary have to be like a win / lose situation or it doesn't have to be the

most recent one but you've already said that its quite a recent one so that's

fine...ummm so when did it actually happen when did you experience the choke?

JT: It was the first go on the trampoline basically, you have 2 goes on it you have to warm up and emm I've been having problems with 2 particular moves and basically I cant, I have problems visualising them and err I had hadn't trained for about 2 weeks because of Easter and going to Dublin for a lacrosse tour and everything like that. So I had one training session before the competition and that's actually when I was having problems with the moves and then I got to the competition, warmed up and Jake was like try to do the routine and I just stopped on the fall which is one of the problems and he was like try Rudi (laughs, uncomfortably) and I couldn't do Rudi either. So the two moves that I was having problems just from the start of the competition I couldn't do...so then it went on to the next go and he was like just try and ahh just try and relax try and visualise before you get on the moves that you are doing and err...(coughs) I got on and again I was visualising everything, concentrating, listening to music before the go, got on and the same thing happened again...it got to the controlled warm up and I said to Jake that ahhh...if I cant do the 2 moves in the controlled then I will probably pull out...and he was well its up to you.. and ummm got on, couldn't do the 2 moves but then I had a bit of encouragement from my other coach from home he was like just do a routine its not a problem just do 8 moves just miss out the 2 moves you are having problem with...and I was like I don't want to do that because I didn't think there was a point in doing that but then I got on and I actually did the routine fine I did the fall and the Rudi so when it came to the actual crunch of the competition I actually did it.

AF: Ok has there been a time in competition you haven't been able to pull it off?

JT: Ummm that's happened before yea...

AF: Ok do you want to maybe talk about when that happened..or?

JT: Yea ummm well I think it was actually last year that particular one when I got onto the trampoline and I just froze or something and it didn't happened...

AF:Ok like not the warm up but like the actual thing..

JT: Yea the actual thing

AF: Ok do you think...could we maybe talk about that one today? Because the fact that you managed to pull it off is great and that's showing that you overcame a certain amount of pressure and things ummm....but for today it would be really good if I could explore one where you didn't manage to pull it off..

JT: Ummmhmmm

AF: So does that sound ok?

JT:OK, cool

AF: Cool, well like I'll help you through you probably thought ah hive thought all about that one now! (both laugh) you've stumped me now!

JT: This one's last year now (laugh)

AF: That's ok you now like my questions will help you kinda think back and stuff and so...so that one was last year, what what sort of competition, what sort of level?

JT: It was actually in the same place...emmm it was the same competition that I had, it was in Cardiff and it was probably 2 weeks ago that time last year, same competition.

AF: And what sorta level was it? Grade I?

JT: Grade I yea

AF: Ok, and was that the first time you'd experienced that...like was it the first time at Grade I?

JT: Oh no no

AF: And was it a venue you were familiar with?

JT: Yea yea id been there before.

AF: Ok alright so umm...if we talk about that one today then so can you try and think back to maybe what sorta thoughts that you were having maybe in the days leading up to that competition...can you give me any sorta idea of what you might have been thinking?

JT: Yea..i think it was a similar situation because always at easter time I go to Dublin, we always go on a Lacrosse tour so I don't get to train before hand and then you've got I think because it was the first year of uni it was my exams coming up and you kinda stressing about that because you the whole experience you don't know what they are going be like and being at uni and you think they are going to be really hard and then you're like that...but yea so I was probably stressed with the exams at that point...I think if I can remember...i think I was quite tired because ahhh I'm trying to think from going out the night before (laughs)...I think because my club from home ahh they came up and I went and saw them so I think I think it was a late night that night as well.

AF:Ok so were you thinking about the competition in the days leading up to it or?

JT:Yea when I go to sleep I like to visualise it in my head and usually like I like to think through the routines just generally..I like just when I am walking around I just sometimes think of them, if I'm sitting down not doing anything at training..

AF: Do you want to talk me through anything that you do?

JT:Umm I just basically go through the routine in my head ummm just close my eyes and err not always close my eyes but I just sit there and you just feel the routine and you can just I just do the moves slowly in my head and I do the whole routine and then I might do

the voluntary or something like that usually I just do the set routine cause I fine that is more specific and its more ummm...technical the set routine.

AF: Ok

JT: yea

AF: And do you find it quite easily, easy to visualise things?

JT: Umm...

AF: Like is it clear?

JT: Sometimes it depends what frame of mind I'm in really, like sometimes ahhh I lose my concentration quite quickly and then I'm like I've done like 2 moves in my head and I'm thinking about something else but then like if I properly sit down like usually go through the whole thing. Sometimes its in bits and its quite often that I lose concentration, I don't sometimes want to do the routine whole routine in my head....cause I trail off...

AF: Yea. We..what sorta other heads were sorta going through your head in the days leading up to it, was it a competition that you were maybe looking forward to or did you have sorta...

JT: Yea generally I quite enjoy the Cardiff competition cause I do like the ummm..the area the ummm sports hall...and ahh and I know it quite well cause we always go there every year, I've been doing grade 1 for about 10 years so its quite a well known sports hall...what did I think about?...ummm well I like to think like...I like to think who I've got competition wise and like I like to try and think yea I can do it I can win or just I think actually.. that time last year I was having problems with my moves and err I think, no I wasn't sorry that's completely wrong...I wasn't having problems with my moves but I was falling off in competition that Cardiff competition was the first one id qualified in id already done 2 competitions and errr and I hadn't stuck on I'd fallen off the trampoline so I hadn't qualified so this Cardiff one was err was like it was one of the like opportunities that I had down the road that I had to qualify in so I was a bit stressed about that cause I hadn't qualified yet.

AF: So can you remember maybe thinking about things like, I shouldn't fallen off?

JT: Yea

AF: Ok if as we go through you think of anything else just you know add it in cause I know its hard to think back

JT: Yea (laughs)

AF: So maybe something will just like come floating back...so...do you think that in the days leading up to that competition were you sorta were you thinking as you would normally think before a competition or do you think things were any different?

JT: Ahh slightly more pressure on myself because I really wanted to qualify, it was the first year that I wasn't with Roxelle my old club at home it was the first year that I was with UWIC and I wanted to prove a point to myself and a point to the club that you know I can still...I'm still doing trampolining and uni and I that I can still you know I'm still doing well...I wanted to prove a point because there's two other competition were I hadn't qualified I think I had more pressure on myself to actually do it and I was thinking about it probably a lot more than I usually do for other competitions.

AF: Ok that's good, your starting to kinda remember...

JT: Yea (both laugh)

AF: Good it can take a little while to get back

JT: Yea

AF: Do you think you like put the pressure on yourself, or do you think there was pressure coming from anywhere else?

JT: Ummm no its myself definitely. Cause Jake's very good he's he always says to me you've got the capability just you know you've just gotta put it forward in your competition. And I think errr I think also if I remember...I think sorta actually I was saying I was putting more pressure on myself but I think sorta the first 2 competitions I was really really uptight about them all and again because I wanted to prove a point and all that and emm so so then I was for the Cardiff competition I tried to kinda just qualify, nothing to do with thinking about anyone else, I think I was just like actually just qualify you are capable of doing it.

AF: Ummm

JT: So I suppose it was still at the back of my mind wanting to prove a point but I wanted just to get through it, I think actually it is always there at the back of head, it still is now.

AF: Now, its one of those things sometimes...and if you are I'm guessing the type of person that does put pressure on yourself then your always going to put pressure on yourself regardless.

JT: Yea yea exactly

AF: Ok no that really good, um lets think what about sorta the feelings that you were having maybe in the days leading up to the competition...

JT: Ummm

AF: Try to think about how you were feeling...what you said that you were thinking you know just qualify...but how did that make you feel?

JT: Ummm I suppose I was trying to be positive but I was feeling quite negative because of the 2 previous experiences, because it was just the frustration because I wasn't doing it...so I think I was thinking a lot about the 2 previous competition and getting frustrated

about them so emm I was trying to feel positive and err I think id trained, I was training well training yea...its hard to remember...

AF: Its ok just take your time, honestly just take your time

JT: Ummm...(long pause)...ummm...i think just...I just generally felt ah...no I think I was feeling positive feeling positive just you know...wanting to do it really wanting to do it...yea

AF: You mentioned the frustration as well...because you hadn't like performed in the last 2 competitions...do you like want to talk a bit about more about frustration...what sort of things were going through your mind?

JT:I just I I felt like I was letting myself down in the previous one so I was just feeling that feeling of...of errr I think it was also confusion as well because it was just like I couldn't understand cause I was training really well and I could understand why I couldn't do it on the trampoline just...just actually to get up there and do the move. But the actual thing that I choked in was the final...which is actually nothing to do with the...its nothing to do with qualifying...you've qualified and I think what I actually wanted...I think I was coming 1st and I really wanted to keep that position that's when I actually...I think cause I had actually qualified and then I lost concentration and then I got up there and I just went for something and it just didn't happen...

AF: Ok we will talk about the choke in a little second but its good that your like kinda getting a good picture at the minute...I'm trying to think as well...what was your behaviour like in the couple days before...did you act any differently than normal? Or were you kinda getting on with things?

JT: I usually find that I try I..keep it to myself really but if I am on my own at night time I think about it but like generally it doesn't effect my behaviour I don't think it does anyway.

AF: What sort of things do you think about at night?

JT: Umm just about the routines...

AF: The visualising

JT: Just doing them perfectly and strong yea

AF: Can you remember...this might be a bit of a tricky question but can you remember doing your visualising, like visualising your routines before that competition...what did they look like, did they look good or where you having problems with them?

JT: Ummm...(long pause) ummm I don't think I can remember to be honest..

AF: That's ok..no id rather..

JT: It would be more of a guess if I said something.

AF: Yea that's cool...its much better that you say that definitely...ok so lets move on to like just before the choke actually happened, so just the couple of seconds before...

JT: Yea

AF: Can you tell me about...did you know you were going to choke?

JT: No

AF: No, ok so can you think what what was going through your mind at the time or how you were feeling at the time?

JT: Umm I was happy, because I had qualified I was happy because I was coming 1st but then also like the pressure came on myself because I wanted to keep that you know, that position and I.i was just...just overwhelmed just erally happy that it had actually gone well the actually 2 comp..the 2 routines and err yea but then I did have that pressure there....Cause I was like happy and then I was like ahh like now I gotta do a final, you know..

AF: So how does it work is it a not very long time between...is it like you hear that you've qualified and then the same day you carry on and do the final?

JT: Yea

AF: ok so what sorta time did you have in between finding out you'd qualified and then...

JT: Not long at all actually, because you finish, you do your set and then you do your voluntary routine ummm actually no there was a bit of a wait because they changed now if I remember rightly I was in the first I was in the first section yea I was...then basically because there are so many in the groups now they do it in umm set like umm groups...so the first group do their set and their vol and then that gets out of the way and then the second set do their set and vol so I'm waiting so I don't know what position...I know I have qualified at that point...but I don't know what position I am in and then I know by like everyone like competing...and like not even thinking about the final not even like qualification and then finding out so yea it was about an hour an hour anh a half probably wait..yea

AF: So doing that hour to an hour and half can you think back to maybe what was going through your mind then and how you feeling about the final?

JT: I was just extremely happy really just...I wasn't cause again I as I say I wasn't even thinking about the final..so I was just happy that id done it and relieved that I could look forward to the nationals and just generally pleased...basically yea...on cloud 9 really that id done it...

AF: Cause you'd qualified yea

JT: Yea

AF: So then, you got up on the trampoline and you started your routine, at what point did the choke actually happen?

JT: It happened ahh just on the take off for the fall, I just went to take off and nothing happened and I just did a straight jump so id finished the routine, but at that point it was my 6th move or something and you have to do 10 so I was like I just stopped basically in the air and was like ahh. Actually no! I did a straddle jump now I didn't completely stop because I went up to do it and I realised that that I couldn't see it I just went blank completely and I just did a straddle jump instead so I did do 10 moves but I just did a straggle where the fall should have been.

AF: ok

JT: Yea

AF: So in that case does it mean the rest of the moves don't count?

JT: They do but they..

AF: Deductions..

JT: Yea you lose tariff on it yea

AF: ok, yea im starting to learn a bit about trampoline

JT: Yea (laughs)

AF: So, like can you explain what happened, have you got any idea of like?

JT: Its just completely bizarre you just take off for it and usually you get the feel of the move and stuff like that and I just got there and brain just went "vzoom" completely blank and then it was just like what am I doing? I think its such a strange feeling I've never really had it before you just completely...subconsciously you don't realise its happening but you just go up and just your brain's just blank and you cant see it and then you've just got to decide at that point what to do to carry on so I just changed it to a straddle jump and then carried on so...

AF: How did...what was going through your mind at that time, you saw your mind just went blank..

JT: Ummhmm

AF: Was there anything else you were thinking about or was it just?

JT: I think it got to the point where I had done the hard bit of the routine and I was just probably like ahh I done the hard bit now, you know I can just do the easy bit at the end and I think then that's when...cause I probably relaxed and then I just went to take off for it and it didn't happen...and from that point onwards I had a problem with that move...that's actually when it all started.

AF: Ummm can you..did you feel anything at the time..like when your mind went blank and you were up there what did you suddenly feel when you realised?

JT: My heart went because obviously you go to do something...its just a strange feeling cause if you...it feels like someone's grabbed it from you like without you knowing, your heart just goes like feels likes it stopped sorta thing and then you just don't know where you are its like waking up and then like aghh im up there now and I haven't done it so I haven't done it so I;ve just got to carry on so I was definitely quite scared cause your not expecting it to happen.

AF: Wot sorta position were you in were you upside down or were you...straight?

JT:No I was just up there and leaning back slightly, as if to it and then just didn't so like yea...it just the feeling of just like going for something and you don't it like...you know I had no control over at all it's a very strange feeling.

AF: Ok have you got any other sorta maybe explanations as to why it happened? Do you think...did you get to have a warm up before the final, how did it go?

JT: Yea, that was fine, I wasn't even thinking about that I totally think it was just because I relaxed and umm just thought ahh I've done it now too early in the routine and...maybe lack of concentration or...I've got no explanation for it its very strange just cause I never had a problem with it before and then all of a sudden just went completely blank, completely blank and I think its just lack of concentration and then probably from that point onwards because of that point you feel negative inside and you feel umm scared that that can happen and I think that's why I have problems with it now...I'm not confident with it anymore (sighs).

AF: So can you think of like what sorta negative, you just said negative thoughts inside...can you give me any example of ones that you've experienced?

JT: Ummm

AF: Or you experienced that day?

JT: I don't think I experienced them that day because previously I had done what I had wanted to do...um...how do you mean negative?

AF: Like did you think...so you don't think you had any negative thoughts at that time...ok so...I don't think I really need to know but you know afterwards did you have any thoughts did it make you feel like you were...I don't know...

JT: Yea, it made me think how do I actually do it?

AF: Yea

JT: Like how do you actually do that move? I've stopped now...I've stopped and then suddenly thought oh how do you do it cause usually I just do them without even thinking about it and yea so know I've got that negative feeling always with it..i cant I have to think about how to do it now... because before, cause I learnt it when I was quite young so like I don't even remember the processes that I went through I just do it and now I have to really

think about it and otherwise I cant do it...to really and I have to be really confident with myself to actually do it.

AF: Do you think that the fact that you have to think about it now is helpful or do you think it was easier when you just did it?

JT: It was easier when I could just do it because the more I think about it...like other processes can come in..like I had to think about it...i cant explain it, its under my control now to think about it...if something else is going bad it effects about how I think about the thoughts that mentioned...

AF: Yea

JT: Yea so and that effects other things as well and it effects other moves.

AF: Ok so do you find yourself thinking about it too much now?

JT: Ummhmm..before...I think just as I have got older I think more and its coming at different...strange points in time when I just think about that move like the situation when I lost the fall making me think how do I do...how do I do other things...yea..im not making much sense (laughs)

AF: No, it does..what I understand is that when you..like think about something too much you're like breaking it down

JT: Ummhmm

AF: And its not a good way to do it instead of just trying to do it automatically

JT: Ummhmm yea

AF: So what you are saying does make sense even though your kinda don't think you are making sense...but yea no it does make sense

JT: (laugh)

AF: So then...have you been having problems since that day on that move?

JT: Definitely. I think I didn't do it then for...I stopped doing them completely cause...this season actually when I came to Jake I started doing them again...that's the funny thing I went...he put...he tried to my coach Jake as well would try and break it down for me, trying and re-teach me again but I still couldn't do it...I couldn't go from the progression to actually do it...cause that's not how I see it, thought I say it in my head so emmm it's a completely different move and emmm so when I came to training I was like can I suggest that I do it in the rig – the thing that...yea and I did it straight away not a problem at all just came back like that not a problem so as soon as I felt safe I did the move..

AF: And confident as well probably?

JT: Yea exactly...and then emm from that point onwards I didn't have a problem but now I've got pressure again I've lost it again...wont come back..

AF: So you think pressure has an impact on how you actually see it?

JT: Yea yea...its strange because for that particular competition when I choked I think it wasn't so much the pressure that made me lose the fall it was just a lack of concentration, from thinking about I've done the easy bit and relying on me being able to do fall whenever I want and not at that point I just couldn't do it.

AF: Yea...so you described it as like a lack of concentration...can you describe that to me any better, cause I know what I sorta understand by it but it might be slightly understand for you, can you try and give me a wee bit more?

JT: Yea, when I do routines...I only think about the next move and think I got to that point when instead of thinking of the next move I was thinking ohhh I've nearly finished (laughs) so I didn't actually think of the move and it just didn't happen.

AF: Would you say that maybe like it kinda distracted you in a way?

JT: Yea

AF: Thinking about something else?

JT: Yea yea, cause I wasn't thinking of the routine...

AF: Can you think of anything else that's maybe happening before you know like in the minutes before when you went up on the trampoline that might have effected how you performed?

JT: Ummm...

AF: There might not being anything else...I'm just seeing if there was/

JT: I don't think so, I mean usually I can tell as soon as I have done the first move in the routine in my vol I can always tell if its going to be a good routine, and I hit it really well and I remember thinking its fine now...its always just the first move that your nervous for and then my nerves just go away...so. And you cant hear anything around you its just solely on yourself and then again I just thought oh nearly finished you know and then didn't do it

AF: Just went.

JT: Yea

AF: Ummm what sorta nerves like do you experience you said as soon as you get started your nerves go, how do you feel just before it what are your nerves like?

JT: I need the loo...generally I get dry mouth, I get my stomach's just like sometimes I get to the point when its kinda like an ache, like a stomach ache if its really bad but usually its just the kinda ahhh just the not knowing what's going to happen kinda feeling inside you...and then I get on the trampoline and then the pre bounces before you start, like I like try and like I breathe deeply and out and it helps like kinda blow them away kinda thing and ummm and it just...as soon as I've done the outset to that routine then the nerve feeling goes completely.

AF: It goes, OK was it the same that day, did that happen that day?

JT: Yea yea, I think I was probably thinking before hand come on you can do this..you know just bang out the same routine again before hand.

AF: Yea

JT: But I think no the same nerves feelings always the same...yea

AF: Would I be right in saying that you didn't really feel any differently before you know got up, you didn't really act any differently...nothing seemed to be any different it just that day something went wrong

JT: Yea

AF: And we think it was this lack..you just lost your concentration and thought you done too soon and it caused you to choke.

JT: Umm hmm basically (laughs)

AF: Oh that's ok, as long as I have got the right idea then that's good. Some of the things you have said you know other people have mentioned so that can be really helpful for me...like for other performers and stuff and then other things are always going to be a little bit different for everyone..

JT: Ummhmmm

AF: So that's really good...so what happened when you actually when you actually choked, you said your mind went blank do you say you finished off?

JT: Yea

AF: the rest of the moves and then what happened, like when you finished...what did you think?

JT: I was completely confused because I was like what happened there? You now why did I stop like that? And ahh I was..i was upset because that probably meant you know that I hadn't won anymore cause id lost a lot of tariff on the routine and because I because I stopped on the fall like I was just like still frustrated through the rest of the routine basically so that didn't really, I could have done it better but I was just not really thinking about it at that point I was just like...I was still thinking in the routine what did I do that for...yea completely..

AF: Yea do you want to talk about that wee bit...you know when you choked then for the rest of the routine...you were thinking things like ah why did I do that, what happened? You know how were feeling at that point, you already had to go on in a way.

JT: It was I was just just carrying on the routine..just thinking...I wasn't putting in like the thought in the proper thoughts into the rest of the routine I kinda in a way..not had given up but was just not trying as much because I had that at the back of my mind thinking ah what

did I do that for kinda thing...just wanting to end quickly, just wanting to get it over with just to get off the trampoline and don't you know think about what's just happened...and I remember like everyone coming over and just saying oh what happened there and I was like I don't know and then everyone just brushing it off and me thinking you know what really did happen?

AF: Yea

JT: Just complete and utter confusion. And then again I probably thought about it and probably thought it was a lack of concentration but then I deep down I don't know if that's completely it I don't know it just a complete, I don't understand it basically...(laughs)

AF: And that's good cause that's the main reason why I'm looking at it because a lot of people mention that its just cant quite understand what happened so if we can maybe piece a few ideas together it could hopefully help people understand and prevent it in the future so...and when you actually like finished your routine obviously a bit of confusion you said people all like ah what happened and then brushed it off and you carried on...did you feel anything else were you like...I don't know frustrated..or upset or was it mainly just the confusion at the time?

JT: Ummm..I just my heart sank really cause it had been such a good day, and then I got off and it just ruined the day really and I was just down and had this thing I could grasp I could have grasped it..being 1st but then I just lost it and (laughs) it happens a lot to me...it gets to the point where I am really really close to what I want and then something happens in my head and it doesn't happen, I don't get there so I can always see it but I never reach it...I always do something stupid to just don't get it..

AF: Does it tend to be the same sorta things that you are doing every time do you tend to choke a lot or is it?

JT: I don't choke a lot but I always do some sort of something to just...

AF: Enough that it impacts on your final

JT: Yea

AF: Performance

JT: Yea definitely...cause ummm I think I mean its similar this season I don't ummm I go there with one goal to qualify and then ummm once I've achieved that goal I don't think about the final and I've got into the final, like twice now and it's the same with BUSA, I got to the final and I wasn't expecting, I was coming 2nd and I was really not expecting it and I just wanted to do routines and then I got to the final and then actually in a way I don't think I'm very prepared for it because...I think thinking back to the Cardiff competition I wasn't actually really prepared for the actual routine so it was a bit of a rush to know that I was in the final, I think I had...maybe it was down to not properly thinking it through

beforehand as well getting on the trampoline and not getting in the right zone that could have been why I done it as well...thinking about it...cause I had like an hour and a half to be happy and everything and then find out where I am and like its...just all...you went straight away you gotta get onto the trampoline you've gotta do all that and then compete and then you've gotta wait...it goes from the 10th position down to the 1st so you've got to watch everyone before you...and then you get up...it was probably like panic in my head think think think what do I've got to think through my routine...maybe that effected it I don't know.

AF: So did you find yourself thinking through your routine that day?

JT: Yea

AF: Like in that time when you were watching other people?

JT: Ummm not I try and go off and not watch people because if I watch people I get wound up so I'll just go off and think about it in my head but I think in the back of my I was thinking, your running out of time you've got to do this quickly. And I was probably panicking a bit...but then when I got on the trampoline and then as I say I was going through the normal nerves processes – hit the first move and then I'll be fine so...

AF: Maybe..would you say the preparation could have some sort of impact on your actual performance?

JT: Yea, I reckon it could have done.

AF: So if you had a, maybe had more time to think about it and think it through would you say that that might have made it some sorta difference?

JT: Ummm I reckon it might a done...because..because like yea I think just because I think about my goals say a few days in advance of the competition and then I get to the competition and I achieve them, then I've got all of a sudden usually something I have a few days to think about think I've got like a few minutes to think about how I do in the final.

AF: That's probably not what you should be thinking about..you need to be thinking about..

JT: Yea because I do that before hand...the goals aspect so yea definitely I should be thinking differently.

AF: I like cause I play hockey and when I'm not..if I'm not ready to go or say ive had a rushed morning before a game that will I know I'm not going to play very well because I've been rushed all morning I'm not prepared or if I'm late to the game...like a couple of weeks ago I went to the wrong venue (both laugh) and I was sitting there going...ok this isn't right so then I drive really quickly to get to the other

one and I just knew that it would be a rush and I wasn't prepared so I can see how that could have an impact definitely..

JT: I mean I had it, I remember when I was 16 I had my 1st GCSE on the Monday and I had the competition on the Sunday and umm I remember not wanting to do the competition at all and my coach saying you have to do it and I'm like I don't want to do it....so to like I thought I would get away with not doing it and then finding out on the Friday that I had to do it so I hadn't prepared at all. Got there, on time but like they always say you should get there about half an hour earlier and they had started early so I had to do my warm up in like....really really quickly like after each other..usually you have about 5 minutes in between or something and then I had to get on and compete and I ermm did a move and then just went flying off the trampoline really hard in the mouth..and blood everywhere worst competition ever and I was just like I didn't even want to be here! I think it was just purely because I I just didn't have the heart to be there..because it really really effect me

AF: And it was very rushed as well...

JT: Yea and everyone was rowing with me for being late and everything so (laughs) just generally like head every where kinda thing and I just went flying and really really hurt myself and nearly knocked my tooth off..out.

AF: Oh god

JT: Yea so I think definitely that preparation I have to do that a few days before...always its just subconsciously thinking about it..

AF: So did you do the preparation in the days before the Cardiff competition?

JT: yea

AF: Ok so everything seemed to be the same

JT: It was just for the 2 routines it wasn't for the final..i didn't even think about getting to the final because I hadn't qualified in the other ones the positioning wasn't a problem I just wanted to qualify for it...yea maybe that would be why I did it because I didn't have the right preparation for it...the proper visualisation.

AF: OK, ummm think pretty much covered everything is there anything else that you think youd maybe like to add to do with that? To do with the choking experience?

JT: long pause...ummmm,,don't think so

AF: I think we've covered quite a bit, that's cool. Ok so what I'll do I'll just finish up with a few questions just...1st one ummm you know how do you think it went were you happy enough talking about the experience?

JT: Yea ummm definitely not a problem

AF: Alright..i didn't make you feel uncomfortable or anything?

JT: No (laughs)

AF: Good (laughs). Do you think you got the chance to like get your thoughts and feelings across?

JT: I think it was a bit higgty piggly cause I hadn't really you know...expect to say that one (laughs) so remembering....and I'm not the best at getting my words out (laughs)

AF: No its fine, I think you you think you haven't come across as well as you have...I understood everything you were getting at so...so that's fine....Would you say that I led your answers in any way? What I mean by that is do you think I like forced you to give certain answers...

JT: Oh no not at all

AF: But do you feel like I kinda helped you...

JT: Oh yea it helped remind me..

AF: Good its just worse if I'm like forcing you to say a certain answer...Ok, that's cool. Do you think there are any other major issues that we didn't get a chance to talk about?

JT: Ummm

AF: To do with that experience?

JT: Don't think so no

AF: I think we pretty much covered it from what it sounded like to me..we kinda got most of the detail....Umm I mean have you got any comments or anything that might help me for the next (both laugh) participant?

JT: No you did very well (both laugh)

AF: Thanks, that's ok!