

Developing Team Synergy
By Ian Adamson,
Team Nike ACG/Balance Bar
Excerpt from “Adventure Racing” by Marais and Speville p29

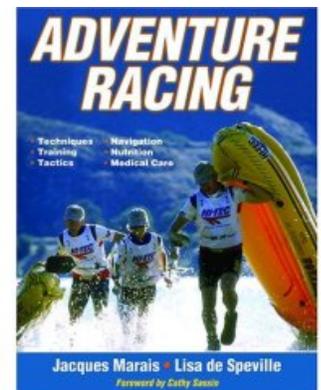


The main challenge faced by most teams is simply being a team. These tips for maintaining harmony will give you the best chance of developing that highly elusive ingredient – synergy.

1. Agree on your goals. Having one person gunning for the win while another simply wants to finish creates unwelcome division in the teams.
2. Communicate openly and honestly. Avoid hiding feelings or bottling up annoyances, which can easily percolate into an irresolvable conflict. Raise issues with sensitivity and without acrimony.
3. Address any conflict that does arise quickly and effectively to avoid spending valuable energy arguing rather than moving forward.
4. See challenges, not problems. See adventure racing as an endless series of necessary challenges requiring agility and flexibility to overcome. Make mistakes a learning opportunity. Mistakes can be costly, but learning from them gives you the experience not to make them again.
5. Offer and accept help. Everyone on the team will be both the strongest and the weakest athlete at some point during a long race. To keep the team moving at optimal speed, everyone needs to share his or her load and push, pull and carry. Ask for help and accept it whenever necessary.
6. Learn to trust and respect your teammates. Trust that all are working toward the common goal (see 1 above) and treat each team member with respect. In return, you will be trusted and respected – something that helps to build valuable friendships and a strong team.

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