

## Mayo Clinic Minute

### What separates champions from other great athletes

Video	Audio
	Every athlete has the championship dream at some point: the tennis player winning a Grand Slam or the Olympic athlete taking home multiple medals.
	Mayo Clinic sports psychologist Dr. Max Trenergy says there are generally two factors that separate those athletes who dream of championship glory and those who actually achieve it.
	First, he says, is that they simply practice and prepare more than anyone else.
00:03:08 <b>Max Trenergy, Ph.D.</b> <b>Sports Psychology</b> <b>Mayo Clinic</b>	“There is that 10,000-hour rule out there, and I think it’s more of a guideline than a rule. But if ... you track elite performers of any kind, many of them started training, and they have played and trained for hours over years. And if you count those hours up, it’s thousands.”
	The second factor, he says, is sacrifice.
00:04:54	“There’s always some sacrifice. Athletes that are going to succeed at that high level have made sacrifices. They have been willing to give up one thing to attain something else.”
	So for those dreaming of being the ultimate competitor in their sport, the key may simply be working harder than all the other great athletes to be the best athlete.
	For the Mayo Clinic News Network, I’m Ian Roth.