

## **High Performance Support - The Malaysian Experience**

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High performance sport is governed by a diverse range of factors that influence an athlete's performance in training and in competition. The age-old principle of adaptation to overload still applies to the application of these physical, physiological, biochemical, psychological, and even spiritual and sociological elements that would make or break an athlete. The importance of recovery is often forgotten as the key element that allows that adaptation to be achieved. The periodisation of the training programme and how well the various elements and their respective intensities are applied is also of great importance, as are specificity and catering to individual needs and requirements ; even in team sports. The pursuit of small marginal gains that could well be the difference between victory and defeat is a complex endeavour that requires skillful balancing and adept management. Intelligent facilitation and intensive support towards the attainment of the athlete's peak performance requires that balancing act by a team of dedicated experts who would strive to measure progress and titrate further loads against the athlete's response. This is of paramount importance in enhancing performance and avoiding injuries in the pursuit of those marginal gains towards achieving victory.