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Title:	Portuguese badminton on the way to the olympic games Rio 2016, a holistic approach
Type:	POSTER
Topics:	Does not apply
Key words:	case study, holistic approach, neuro-linguistic programming, sport coaching, resilience
Summary 2nd Round:	<p>We aimed to qualify a badminton player for the Rio2016 Olympics. From a case study, we have applied a holistic approach that crosses sport psychology, neuro-linguistic programming, and sport coaching, consisting of 4 stages. The player is 24 years old; has 18 years of a sports career. 2012, participates in the London Olympics. May 2013 he is injured. By October 2014, he dropped 1598 positions to 1650 of the World Ranking (WR). Started university at age 22. From a SWOT analysis at the 1st stage we defined the present state. Strengths: experience and competitive level; athletes' motivation; family support and friends network; municipality support. Weaknesses: unmotivated coach; absence of opponents, multidisciplinary team and medical support; he was absolutely alone in international competitions, dealing with logistics and competition issues; high qualification costs. Opportunities: mental coach presence; Olympic solidarity bursary; support from colleagues and University; financial awards obtained. Threats: qualifying; injuries; difficulties in the clubs organization; overlapping his studies with the qualification; 27 international matches carried out in 15 months; great emotional challenge; food differences in countries; Jet leg; Zika virus; impossibility for the mental coach to develop a more systematic work. Stage 2, defined the desired state, qualification for the Olympics2016. Stage 3, defined a plan of action: formulated objectives; focused on resources under the athlete's control; private doctor; he planned his training; articulated with his coach and club; how to communicate; raised sponsorships; anticipated logistical contingencies in competitions; managed university and qualification for the Olympics demandings. Stage 4, evaluation, present in all stages. In 17 months he climbs 1585 positions in the WR, obtaining 15 medals. May 2016, he qualified in position 34 for the Olympics. where he played 2 games and lost, although at certain times he was in advantage.</p>