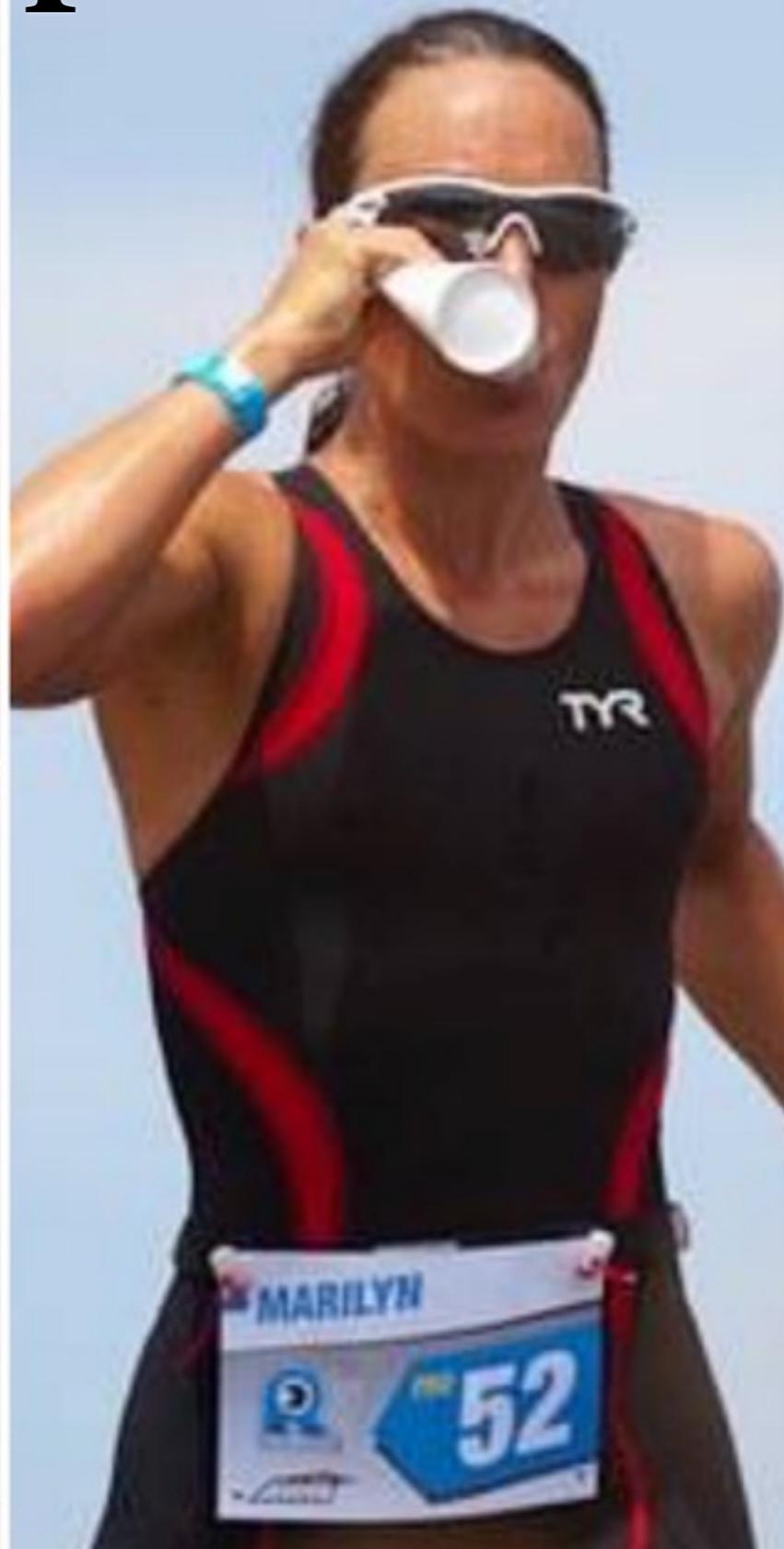


Its Simple But its not Easy



Olympic Journeys Br
INGI



"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."
Bruce Lee

Mental Skills Prep for Racing

At the top everyone shows up at the start line with similar physical preparation. Having the mental edge can be the difference between winning and losing.

Determine YOUR “Why”. Why do I do this sport? Why do I go to practice every day, why do I compete. What is it that drives me every day to continue to go through the process of all the highs and lows.

** Make these personal to you*

** These should be non results motivated.*

** Write them down and share them with someone*

** Create environment, habit and routine. (10,000 hours of good habits with support creates success)*

Have a Dream and Take a Risk



***Defining: Write description words you'd use to describe yourself as an athlete. How do you see yourself as an athlete- i.e.- Confident/ Tough/ Fearless**

*** Feel: Make a list of emotions and mental state of when you had your best and worst performances in training and competition. Ex; Angry, Excited, nervous, anxious, happy, focused, etc.**

***Visual: How do you see yourself out on in today's practice, the next race , the next big A race. Use words that are visual and key to you.**

Inside the mind of a Champion:

- * Motivated**
- * Confident - In ability and preparation.**
- * Manage Pressure well**



Manage Your Emotions

Define the emotional state in which you compete best.

Make a list of the most common emotions you experience when you feel you are really at your best.

Take note of the state you are in when you have your best performances during performances. You will typically fall along the spectrum in these categories:

Happy <---> Angry

Calm <---> Amped and full of energy

Focused <---> Distracted

Relaxed <---> Nervous

Recognize when you are in this state and when you are not.

Develop a plan to bring you back to your ideal emotional state when it matters on race day.

Create some cue words or phrases that can get you to return to where you want to be when spoken or thought.



1-Focus Plan:

Have a plan to keep you focused on task.

I like to have a little note sheet that has my key words on it.

Refocus Plan: There are a lot of distractions competition day, such as things occurring that weren't in your plan.

Have a focus and re-focus plan to keep you on task and moving forward towards your goal.

Every type and level of competition is different.



2- Visualization and Breathing

Feeling OR SEEING

Go through the competition from start to end, visualizing and feeling it going exactly as you'd like: Emotions, Sensations, Thoughts, Smells.

As you go through this day, breath deeply and slowly. Don't rush through the day or skip over any segment. If you find yourself rushing or not seeing/feeling a certain portion of the day, start over from the beginning and breath slowly through that section as you see it going exactly as you'd like.

Repeat this process until you can successfully go through your entire race day with deep clam breaths, seeing and feeling yourself doing things exactly as you would like it to go.

Going through this process tricks the mind into thinking it's already been there and has been successful. On race day it won't be as scary and you'll have the tools to cope with your day because your mind has already been through it all.



- Address the negative: Ex- Spacey, Tight, Distracted.
- Combat words: Ex: Tuned In, Relaxed, Composed.
- Have your key defining word as an athlete-ex **STRONG**
- Visualize yourself (see your self movie of how you want it to go)
- Then say your Key words- Ex: I am- Strong, Tuned In and Composed
- In the heat of the moment if emotion is taking over and refocus plan is failing.
- 1- Add $6 + 4$, Then $10 + 10$, then take a big deep breath and go right into your rep, set, etc.
- When unable to refocus with words turning focus to math will remove emotion, move focus to logics and reset the athlete to focus on task at hand without overthinking it.

