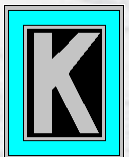


Psychology and Ski Racing

MIDLAND SKI CLUB



Psychology in Ski Racing

- Managing your Training Day
- Race day focus
 - Pre Race
 - During Race
 - Post Race
- Goal Setting
- Questions

Managing Training Day

- Make a goal for the day
- If there is timing remember your goal / aim
- Try to finish all the runs
- Try to use training to build confidence
- Review day and be objective
- Keep a record of training days and race days

As you arrive and get out of the van **The wrong focus**

- “I’ve only got one pair of skis but ... has 2 pairs”
- “That’s, he’s really good”
- People watching – judges, coaches
- Points
- Conditions – course, snow, jumps, gates
- High Bib
- “I always come out here...”
- **All negative thoughts about things that you cannot control**

What happened

- Another DNF
 - Confidence down
 - Time to quit?
 - Mentally tired
 - Loss of belief
-
- How do you fix it?

Race Day Correct Focus

- Your focus is on yourself
- You are thinking of your good training
- Your equipment is as good as it can be
- You feel strong and ready
- Remember best performances
- Aim to produce a solid performance
- **All about confident feelings and emotions**

Pre Race

- Warm up
 - A time to mentally focus as well as physically warm up
 - Technical warm up
 - Make sure warm up terrain is appropriate
 - Aim to achieve the feeling or state of readiness you want
- Inspection
 - Be in a state of readiness that you would be happy to race at:
 - Not drowsy, you are fully alert
 - You have a good idea of your turning radius / ability
 - You inspect concentrating on your race and that course

The Start



Managing the Start

- In the Start Area

- Concentration
- Visualise yourself skiing the course at your best – this will build confidence and belief. Visualisation should be practised in training and even at home.
- Remain focussed on yourself, don't get distracted by others.

- Start Gate

- More visualisation
- Get to your own race state and focus
- Develop you own routine - boots, goggles, poles, aggression, calm etc
- Go.....

In the course



In the course

- In the course race to your very best
- Tactically be sensible
- If you make a mistake keep your race focus

Managing the outcome

- How was your run relative to your best feeling?
- What was good?
- What was not so good?
- Does the time match your feelings?
- If the outcome is good then do it again in 2nd run
- If not so good don't be afraid to stay professional and focussed and aim at an improvement

Points to remember

- Always keep the focus on yourself
- Believe in your own ability
- Confidence comes by making small steps

Outcome

