

Mental Skills for Alpine Ski Racing **“Take Your Brain to the Mountain”**

November 27, 2008

The mental side of sport performance is a critical part of any success in athletics, including and especially in Alpine Ski Racing. The mental skills need to be learned and trained or practiced just like ski technique, tactics and physical conditioning. The more you practice these Mental Skills, the more you will be able to better apply the basic principles. Training the mind takes time, effort and persistence, just as physical training. But just like physical training, the rewards are worth the effort.

Here is a list of the basic principles that we covered this week at our 2008 Canada Camp:

- ❖ **Goal Setting –**
Your Goals are your Road Map: Direction – Feedback – Support (realistic, achievable)
- ❖ **Arousal Regulation –**
Arousal=Energy: Identify your Ideal Performance State (relaxation, psych up, centering)
- ❖ **Attentional Focus –**
Concentration: Right things at the right times (cue words, distractions, focus)
- ❖ **Imagery –**
Visualize Success: Mental Rehearsal (motivate, learn skills, re-center)
- ❖ **Self Concept –**
Self Confidence: Trust in yourself and your abilities (too much or too little not good)
- ❖ **Performance Planning –**
Action Plan: For training or competition (script of what you will do, think and be)