


## Slide 1



## Slide 2

Let's begin with some essential questions

- ▶ How important is the mental side of ski racing compared to the physical, technical, etc.?
- ▶ Should Peak Performance be your goal?




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## Slide 3

What is Prime Ski Racing?

Skiing at a consistently high level under the most challenging conditions



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Slide 4

Can Prime Ski Racing be Learned?


**PRIME SKI RACING**  
is about developing skills



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Slide 5

What race are you competing in?



- Competitive race
- Race against course
- Mental race!

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Slide 6

What are you preparing for?

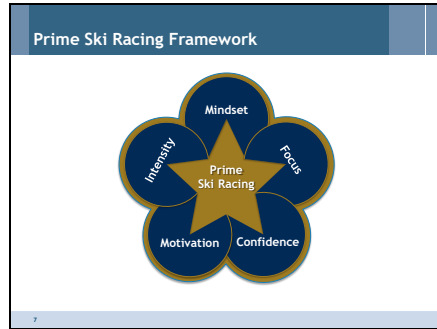
**PRIME TIME**

- Most difficult course
- Most challenging conditions
- Toughest competitors
- Biggest race of your life



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## Slide 7



## Slide 8

**Motivation: The determination and drive to achieve your goals**

**WHY IT'S IMPORTANT**

- Motivation is EVERYTHING!
- Effort and goals
- The Grind

**TAKE ACTION!**

- Focus on long-term goals
- Have a training partner or group
- Identify greatest competitor
- Compete for the right reasons



*"Preparation is everything to winning. It is easy to say, 'I'm going to win.' It is much more difficult to prepare to win."*  
 --Jean-Claude Killy

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## Slide 9


**Confidence: How strongly you believe in your ability to achieve your goals**

**WHY IT'S IMPORTANT**

- Most important mental factor
- Confidence is a skill
- Confidence challenge

**TAKE ACTION!**

- Preparation
- Mental toolbox
- Adversity
- Success
- Self-talk



*"Of course, I have my moments. But it's usually easier and more fun to be positive than it is to be negative and it has served me well."*  
 --Lindsey Vonn

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## Slide 10


**Intensity: Amount of physiological activity you feel before and during races**

**WHY IT'S IMPORTANT**

- We are physical beings
- Range of intensity
- Goal: monitor and adjust intensity

**TAKE ACTION!**

- Pre-race routine
- Psych-down or psych-up
- Smile!



*"The kid, you just watch him. He makes so many mistakes but he just hauls ass."*  
-- Daran Rahives about Bode Miller

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## Slide 11


**Focus: Concentrate on things that help and avoid distractions that hurt performance**

**WHY IT'S IMPORTANT**

- Quality training
- Consistent race performance
- Outcome vs. process focus

**TAKE ACTION!**

- Mental imagery
- Pre-race routines
- Keywords
- 3 Ps



*"The whole vibe with skiing is not so much focusing on competition against others as it is against myself and the clock."*  
-- Picabo Street

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## Slide 12


**Mindset: What is going through your head when you are in the starting gate**

**WHY IMPORTANT**

- Impacts your confidence, focus, intensity, and skiing.
- A bad mindset (e.g., fearful, tentative) or the wrong mindset (i.e., not the one that is right for you) will prevent you from skiing your best.
- Three mindsets: aggressive, calm, clear.

**TAKE ACTION!**

- Experiment with mindsets.
- Identify ideal mindset.
- Ingrain ideal mindset in training.
- Use ideal mindset consistently races.



*"I'm trying to take more of an aggressive mindset so I don't just sleep out of the starting gate. I want to try to attack from the start."*  
-- Mikaela Shiffrin

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Slide 13

### 3 Goals on Race Day

- Goal #1 (in starting gate): Total preparation
- Goal #2 (during race): Bring It!
- Goal #3 (after race): No regrets



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Slide 14

### The Prime Ski Racing Payoff



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Slide 15



- Purchase my Prime Ski Racing book
- Download my free Prime Ski Racing iPhone app
- Sign up for my free, bi-monthly newsletter: *Prime Sport Alert!*

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**Thank You!**