


Slide 1

**Two Essential Mental Skills
for Ski Racing Success:**

Mental Imagery and Routines



Jim Taylor, Ph.D.
San Francisco, CA

Slide 2


Mental Imagery: Most powerful mental skill

WHAT IS IT?

- What is mental imagery?
- Why mental imagery?
- Mental imagery is a skill

KEY COMPONENTS

- Perspective
- Clarity
- Control
- Feeling
- Total experience



DEVELOP A PROGRAM

- On-hill
 - Inspection
 - At start.
 - At bottom.
 - On chair.
- Off-hill
 - Goals
 - Ladder
 - Scenarios
 - Sessions

"I slip by each gate imagining myself at full speed bursting through it. After seeing myself skiing the course, I'm so ready that I can barely wait for my start."

— Sarah Schlepper

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Routines: It's all about preparation

WHY IMPORTANT?

- Routines totally prepare racers to ski their best
- Routines vs. rituals
- Ingrains effective skills and habits
- Starts in training, finishes in races

TRAINING ROUTINES

- What do racers need to do for quality training?
- Equipment
- Physical.
- Mental.



PRE-RACE ROUTINES

- Night before
- Wake up
- Arrive at hill
- Inspection
- Skiing warm-up
- Arrival time before start
- Location of routine
- Order of routine
- Specifics of routine

"The key to race day is to be on your own program, doing the things that matter most to you."

— Mikaela Shiffrin

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Six Reasons Why Racers Don't do Mental Training

1. Don't care enough about ski racing.
2. Don't think mental training works.
3. Not a part of their usual program.
4. It's repetitive and boring.
5. Not supported by coaches and parents.
6. Mental training is weird.

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Prime Ski Racing Challenge

How much faster must you go?

Small investment, big return

Worst emotion, worst question



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FREE Prime Ski Racing iPhone app

Thank You!



415.322.8425
jim@drjimtaylor.com
www.drjimtaylor.com