

Cs Life

Competition Day

Prepare Your Mind and Body



ATHLETE WORKBOOK



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Cs Life

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Note to the reader:

This eBook is written by Shane Harle, an elite coach, who has worked with numerous Olympians, National and Provincial Champions, and local athletes. He is also a dad to a Slopestyle Olympian and a Professional Freeride Skier/Ski Instructor.

You can find Shane on [Instagram](#).

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Mental Toughness Matters

It's an advantage.

Mental toughness can be defined as the ability to persevere and maintain focus and determination despite challenges, setbacks, or pressure.

It involves resilience, emotional control, and the capacity to stay motivated and disciplined in pursuit of your goals.

Mental toughness enables you to handle stress effectively, maintain a positive mindset, and perform at your best, even in difficult circumstances.

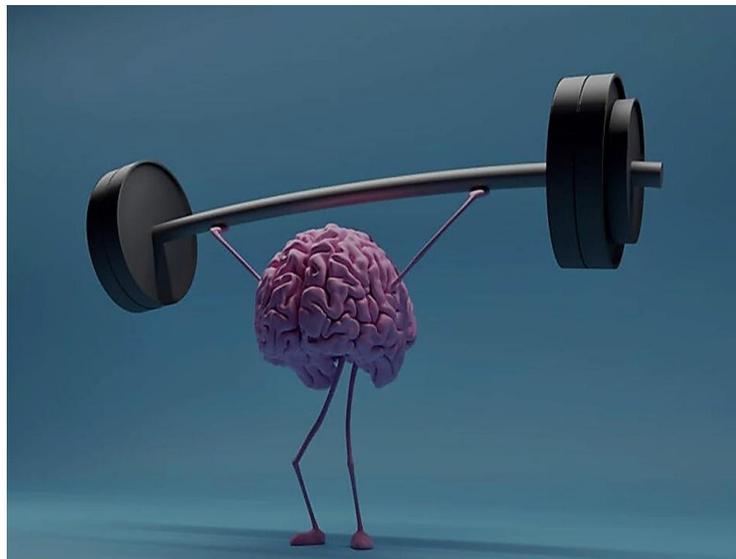
This training workbook is crafted to equip you with skills that will enhance your training and bring you closer to achieving your goals. The mental skills you acquire as you work through each page can be applied to all areas of your life, enhancing your emotional resilience and overall happiness.

I encourage you to invest your full effort and a laser focus on these exercises to reap maximum benefits.

It's time for your Greatest Self to show up.

Let's go!

Shane



PLAN, PERFORM, REFINE

Prepare your mind and body.

Planning to compete is a practice of champions. Success is not an accident!

Creating a plan for your thoughts and actions is a skill that enhances performance.

Plan in detail, perform your plan, then refine it where necessary.

Experiment and find one that works for you.

This systematic planning approach is a practice that is proven to ensure top performance by training your thoughts and emotions as well as your actions.



Brainstorm: When you prepare for competition, what has worked for you in the past?

Brainstorm: What hasn't worked for you in the past?

The next page has some ideas to help you refine your plan.

PLAN IN DETAIL

Little things aren't little.

Competition Plan

- Have a goal.
- Create a mantra that gets you emotionally aligned.
- Have some reminders.
- Describe what you think and do.
 - The night before.
 - In the morning.
 - 10-15 minutes before you start.
 - 5 minutes before you start.
 - 30 seconds before you start.
 - As you drop in or push out of the gate.

Other Things to Consider

- ✓ Visualization the night before and the morning of.
- ✓ Sleep and wake up times.
- ✓ What to do if you can't sleep.
- ✓ Equipment preparation.
- ✓ What to wear.
- ✓ What to eat.
- ✓ Who you want around you.
- ✓ What music to listen to.



Brainstorm: Look at the lists above. What have you missed in your previous plans? What other things will you include?

SLOPESTYLE

Night and morning plan.

Example of a Competition Plan from a highly successful slopestyle athlete.

Goal: To enjoy the competition.

Reminders: My focus for the day is to remind myself this is fun.

- This helps calm my nerves and puts things in perspective.
- The moment I stop having fun, I ski poorly.
- So, this reminder is important.

My Mantra: "I love this sport. It is so much fun."



The Night Before

- I set out all my clothes and equipment.
- I visualize all the features.
- I write out my plan for two runs: Plan A and Plan B.
- I tell myself how much fun this is and how great it will go.
- I set my timer for 20 minutes.
 - When it goes off, I use my mantra, "I love this sport. It is so much fun."
- I eat my favourite dinner.
- I go to bed at 9:30 and set my morning alarm.
- If I awaken during the night, I put on my meditation tape and repeat my mantra.
 - "I love this sport. It is so much fun."

In the Morning

- I wake up and say my mantra, "I love this sport. It is so much fun."
- I eat 2 eggs, two pieces of toast, hash browns, and 2 sausages.
- I wear my good luck T-shirt.
- As I collect my equipment, I tell each piece how much I like and trust them.
 - Skis: "Hey my friends, I know you will ride great today."
 - Boots: "Hey my friends, I love how you feel on my feet."
 - Poles: "Hey my friends, I know you are here to help me."
- I get my ski tech to check my bindings and wax my skis.
- I listen to the soundtrack I created.
- My 20-minute timer is already set and when it goes off, I use my mantra.
 - "I love this sport. It is so much fun."
- When I see people, I am positive.
 - I tell them how much fun I am having, and how good the day is going.

SLOPESTYLE

Go Time plan.

10-15 Minutes Before I Drop In

- I take off my skis and make sure they are perfectly clean.
 - I check the bottom of my boots.
- When I step my boots into my skis, I use my mantra.
 - "I love this sport. It is so much fun."
- I put on my helmet, then my gloves, I zip up my jacket, and I use my mantra.
 - "I love this sport. It is so much fun."
- After I feel everything is perfect, I find someone to talk with.
 - This keeps me distracted and stops me from getting too stressed out.
 - When I talk with them, I tell them how good I feel, how much fun this is.

5 Minutes Before I Drop In

- I always eat a good-luck piece of chocolate about 5 minutes out.
 - When I put it in my mouth, I smile.
 - As I smile, I use my mantra, "I love this sport. It is so much fun."
- I get away from all my friends, and my coach, and I try not to talk with anyone.
- I change my soundtrack and listen to my good luck song, 'I Am Gonna Fly.'
 - This song repeats on my play list till I turn it off.
- With my skis already on, I visualize my run in my mind's eye.
 - I feel how each feature "feels" when I land it.
- As I perform a trick in my mind, I use my mantra.
 - "I love this sport. It is so much fun."
- I often bend my knees as I land the run in my mind's eye.
 - Just like I would on the actual run.



30 Seconds Before I Drop In

- I step back and forth on each ski, timing each step with a pole plant.
 - It doesn't take any thought, but it keeps my body alert.
- I turn off my music.
- I continue to visualize.
 - I repeat my mantra as I visualize, "I love this sport. It is so much fun."

Just As I Drop In

- I push off, thinking, "I love this sport. It is so much fun."

MOGULS

Night and morning plan.

Example of a Competition Plan from a highly successful mogul athlete.

Goal: Keep my thoughts strong and in a positive frame of mind.

Reminders: The ski days before competition day are very important.

- I need to feel satisfied with my training.
 - That helps me trust that I am prepared.
- I always remind myself why I love this sport.
 - I always come to the mountain with positive energy and a good mood.
- Negative thoughts make me ski worse, so it's really all about mental influence.
- I never think about anyone else's run.
 - I focus on myself.

My Mantra: "Arms forward, bounce, bounce, bounce."



The Night Before

- I limit distractions around me as much as possible and focus on my competition.
 - These distractions could be with people, school, or emotions.
- I constantly focus on skiing, thinking about previous races, and I watch past races.
- I set out all my clothes and equipment for the next day.
- I stretch and roll out my muscles while visualizing my run.
- I think about my mantra, "Arms forward, bounce, bounce, bounce."
- I eat my favourite meal at 5:30 pm and get in bed by 9:00 pm.
- I set my alarm and have my ear buds ready with a repeated soundtrack of waves.
 - This is in case I need something to help me fall back asleep if I wake up.

In The Morning

- My routine is consistent.
 - From my breakfast, to warmups, to wearing the right base layers.
 - I always wear compression socks for competition.
- Routine: Wake up to my alarm, brush my teeth, eat breakfast.
- I keep thinking, "Arms forward, bounce, bounce, bounce."
- Soft music plays in the background, and I avoid other people.
- I do dynamic and foot agility warmups.
- I collect my equipment and head to the course with my ear buds in.
 - I do not interact with anyone, and I keep to myself.
- I constantly use my mantra, "Arms forward, bounce, bounce, bounce."

MOGULS

Go Time plan.

10-15 Minutes Before I Start

- I stay in my zone.
- I put on all my competition gear.
- I make sure my bindings are clean.
- I do not talk with my coach or anyone.
 - I am in my own head with my soft music playing.
 - I avoid eye contact with everyone.
- I constantly use my mantra, "Arms forward, bounce, bounce, bounce."

5 Minutes Before I Start

- I pay attention to the start of the two competitors before me.
 - I take long deep breaths to calm myself down.
 - I keep my ear buds in and keep to myself.
- At the top of the course, I visualize my run.
 - I visualize my jumps, landings, and moguls.
- I think, "Arms forward, bounce, bounce, bounce."



30 Seconds Before I Start

- I put my knees together and begin to bounce and visualize my run.
- I think, "Arms forward, bounce, bounce, bounce."

As I Push Out of the Gates

- Just before I push, I whisper to myself.
 - "Arms forward, bounce, bounce, bounce."
- I scream as I push out of the gates.
 - "YYEEAAHH!!!"

SKI RACING

Night and morning plan.

This is an example of a Competition Plan from a highly successful ski racing athlete.

Goal: To keep in a strong mindset, so I attack the course and charge.

Reminders: I am often pretty nervous and second guessing myself.

- But I have great coaches and I have been training very well lately.
- If I blow out of the course because I am too aggressive, that's OK.
- I have been too cautious lately.
- In training it has helped when I focus on moving forward through each turn.

My Mantra: "I am ready for this. I feel strong!"



The Night Before

- I lay out the clothes I will wear the next day.
- I pack my bags with my racing gear.
 - I use a check list and check each item off.
 - I ensure that absolutely everything is taken care of.
 - Then I have less stress in the morning.
- I eat my favourite dinner.
- I go to bed by 9:30 and I set my alarm for the morning.
- I write a note beside my bed using my mantra.
 - "I am ready for this. I feel strong!"
- I visualize runs that I have done in the past that have felt great.
 - This helps me feel like I am prepared.
- As I fall asleep, I think, "I am ready for this. I feel strong!"

In the Morning

- I see my note as soon as I wake up: "I am ready for this. I feel strong!"
 - I stick it where I will see it regularly throughout the morning.
- I always wake up with some nerves.
 - So I drink some water, go for a light run, listen to music, and relax.
- I wear my lucky long johns and remind myself that I am prepared.
- I eat my favourite breakfast.
- With every person I talk to, I am positive and full of energy.
- I have the ski tech wax my skis.
- I keep repeating my mantra, "I am ready for this. I feel strong!"

SKI RACING

Go Time plan.

10-15 Minutes Before I Start

- I listen to music to get hyped for my run, using my racing play list.
- I try to distract myself by talking to my favourite coach.
 - Keeping it light helps me not to get too nervous.
 - When I talk to my coach, we don't talk about the race.
 - We talk about football, our favourite soccer players, favourite movies, or video games.
 - He tells some jokes and just keeps me calm.
 - He's good at keeping the mood light.
- I brush my skis and make sure they're all primed and ready to go fast.
- I keep using my mantra, "I am ready for this. I feel strong."

5 Minutes Before I Start

- I double check all my equipment.
 - Bindings, poles, helmet, chin/shin guards.
- I do one last stretch and activation.
- I visualize the course and review what my game plan is.
 - I visualize my body moving forward through each turn.
- My coach is right beside me, continuing to talk about light things.
- I think, "I am ready for this. I feel strong!"



30 Seconds Before I Start

- I stand straight up and rock side to side, doing a final activation of my core.
- I turn off my music and stop talking to everyone.
- I close my eyes and visualize key parts of the course.
 - I remind myself of my focus on moving forward through each turn.
- I use my mantra, "I am ready for this. I feel strong!"

As I Leave the Start Gate

- I explode out of the start gate and yell.
 - "I've got this. I feel strong!"

PLAN IN DETAIL

Little things aren't little.

YOUR COMPETITION PLAN

1. What's your goal?	
2. What's your mantra?	
3. What are your reminders?	
4. Think/do the night before?	
5. Think/do in the morning?	
6. Think/do 10-15 mins. before you start?	
7. Think/do 5 mins. before you start?	
8. Think/do 30 secs. before you start?	
9. Think/do as you drop in/push out of the gate?	

