



## UPDATES!

Hi everyone! This month's update is from Anabelle and Cody. They wanted to share a bit of their Olympic Experience with you, as well as what they see as their 'Recipe for Success'.

Their Recipe is:

- Surround yourself with Great people
- Respect your competitors
- Set Goals
- Work Hard

Not surprisingly, all the things that Anabelle and Cody contribute to their success are all the things that they shared at the Kick Off Camp.

If you follow their advise, set goals and work hard....success won't be far behind!

Sylvie



## Our Olympic Experience

Reflections by Anabelle Langlois & Cody Hay

Since we started skating together, competing at the Olympics has been our Dream. It wasn't an easy climb, with lots of struggles along the way, but worth every second. From the moment you arrive at the Athlete's Village, you're surrounded with the best athletes in the world. People who have worked their entire lives to achieve their dreams. People who we now count among our friends.

Our Olympic moments will stay with us forever (the Opening Ceremonies, the lighting of the torch, our first practice, being announced in the Short Program, and feeling the support of an *entire country* behind us). I know that with hard work and determination, you can also create your own Olympic moments.

Don't let anyone tell you that something is impossible (you're too old, not talented enough). If I had a dollar for every time someone told us we wouldn't succeed...I'd be rich (especially after Anabelle broke her ankle). There's never a set path for success, but definitely a recipe for success that anyone can apply. Here's ours:

- Build a great team around of your coaches, family and friends
- Surround yourself with good people who support you and other and give off positive energy
- Your friends and family will always be there to support you in both success and disappointments, and to tell you the truth to hear it when you need it (both good or bad). Good friends will support you and not take you off your path with distractions or jealousy
- Respect your competitors, identify and admire their strengths (work ethic, artistry, skills, fitness, etc), and strive to be better by working your butt off!
- Set Goals (daily, weekly, monthly, season and long term). Aim high and reassess often
- Seek criticism (constructive, from people you admire and respect, and also from out of your comfort zone)
- Work Hard (There is no substitute for hard work). Someone somewhere is working harder than you...and they just might finish higher.

*Anabelle & Cody*