



UPDATES!

This month's update is from Lisa Benz on Mental Training. Remember some of her key points!

- ☑ The Mind is a muscle that must be trained like any other in the body.
- ☑ If you don't set goals, you never know where you're going to end up.
- ☑ You need both Short and Long term goals.
- ☑ Remember to make Goals "SMART".
- ☑ Write down your goals and progress towards them.....putting them on paper/Scouting Solutions makes them real.
- ☑ Evaluate yourself often. What works today, might not tomorrow.

This is all great advice at the start of a summer training season. Take what she taught us and put it to use to map out your summer. Talk with your coach, make your plan, write it down, and succeed!

Sylvie



Shoot for the Top - Mentally

Reflections by Lisa Benz

One of the most important things that you'll learn as an athlete is that your mind is the most important part of your success. This is where Mental Training comes in. Mental skills are just like any other skating skill like stroking or jumping. You have to work at it to improve. With time and dedication, mental training will:

- improve your discipline and dedication
- increase and direct your effort
- give you a more positive and focused attitude
- make you more successful

Remember some Key Points when you start your summer training:

Set Your Goals

- Goal setting is like a map. Decide where you want to end up (e.g. Top 3 at Westerns? Landed 2 Axel? CPC Score of 84+?), and know where you are now.
- Once you know where you are...and where you want to get to...you can create your own 'map' to get there (e.g. What skills do you need to learn? How often do you need to train? What are your strengths?)
- Make sure you have both Short Term (e.g. Land my 2 Axel) and Long Term (finish top 10 at Nationals).
- Make your Goals **SMART** (Specific, Measurable, Attainable, Realistic, Timely)

Keep yourself Accountable

Sometimes we are our own worst enemy. It's easy to fool ourselves into thinking we're working hard, or almost there. Making our goals real by writing them down, keeping a log, sharing our goals (with coaches and family), and putting reminders where you can see them (on the wall, mirror, skate bag, etc) all help to keep your goal top of mind and real.

Evaluate your Progress

- Monthly do a self evaluation. What's going well? How can that be repeated?
- Adjust your goals if you need to?
- Celebrate your successes and keep going!

Lisa Benz