



The Mental Difference

By Chuck Martin

“It’s Not Just The Best Athletes Who Win...It’s The Best Prepared Athletes Who Win”

Looking at all the great mogul skiers on the Blackcomb glacier during summer camps, you have to ask yourself what makes one of these skiers a champion, because they are all technically awesome.

“The Champion is the skier that can lay down a perfect run during the 30 seconds that count”

Of course, it is important to be in top physical condition to avoid injury and to be #1, but the most important element in your training is a champion attitude.

The Champion’s Training Attitude!

Champions set long-term goals, but they do not dwell on them when they are on the training site. The only way to reach your long-term goals is to set short-term goals along the way. Every morning on the training, we should set goals and objectives for the day. One mogul turn, aerial maneuver, workout, mistake, competition, National Title, World Cup Event, World Championship Title, Olympic medal at a time.

“If your mind is dwelling on the future then you are not concentrating 100% on your training now, in the present, in the moment!”

“Goals are not the end of your training, they are only the beginning of the next step.”

Champions enjoy and experience fully every step on the path toward their goals. They are always applying 100% awareness to their training now, in the present! Each step on the path must be mastered fully before going on to the next. Each step will be mastered with patience, always leading to your future goals. Champions have had many bad days in their careers, but they always look at their mistakes rationally as learning experiences.

“The champion is the skier that trains through his or her mistakes, recognizing them as an event in the learning process, not as a problem!”

“If we did not make mistakes then we would have nothing to learn.”