



Knowing Yourself

By Chuck Martin & Mogul Logic

If you watch champions in almost every sport, you will notice that they all have well-learned consistent approaches to their competition performances. Most top athletes have a consistent schedule, starting with their training four days before a competition, right through to the day after the competition. This process is learned over the years of training and competing, and can be different for every athlete. You have to know yourself to know what works best for you.

“We as athletes are addicted to the adrenaline and the anxiety of competition. Champions recognize nervous feelings and anxiety as positive competitive emotions, and use them to compete above and beyond their normal abilities.”

Following is an example of what I do before, during and after a competition:

- What line am I going to take?
- Where will I catch air?
- How will I approach the air bump?
- How Will I land?
- Where will I ski fast and for speed points?
- Where will I have to control my speed?
- Where are the tight lines?
- Where are the spaced out lines for extra turns?

I learn the course and then ski top to bottom runs at about 75% speed level. As soon as I am comfortable with the course I ski two or three runs at 100% speed with full-on air and competition turns. I concentrate on my confidence in my skiing ability knowing that all I can do is ski to the best of my ability. I like to watch the other skiers because I can usually learn something. Even if I have a bad day I leave the course with confidence that I know the course inside and out. The main objective on competition day is to learn the course. Don't burn yourself out. Your training is done; work with the tools that you already possess.

“Do not be intimidated by the other competitors. Watch and learn”