



Knowing Yourself

By Chuck Martin & Mogul Logic

Competition Day:

Training in the morning is a time to get used to the current conditions and to adjust my plan if necessary. I will slip the course once, looking at every mogul and air bump, making sure I know the course from top to bottom. Then I ski the course at 75% speed with single or double air. I ski my last few runs at a competition level with full confidence.

“Anything can happen on the competition morning. I have had terrible practice sessions on the day of competition and still won the contest. If you are having problems with the course let it go, relax and get ready for your competition run with full confidence in your abilities.”

Ten Minutes Before My Run:

I close my eyes and visualize my run three times from top to bottom...perfect turns with big air.

Two Competitors Before Me:

I completely clear my mind and concentrate on breathing slowly, The training is behind me and it is time for my body to do what I have trained it to do. I have faith in my training; my body can ski the perfect run without my mind getting in the way.

In The Gate:

I try to keep my mind clear. It is not easy because of the adrenaline pumping through my body. As soon as the starter says “competitor ready,” I let out a deep breath and pump it up! When the starter says “go,” I use all the adrenaline and muscle in my body to push out of the gate and attack the course.

In The Finish Area:

When I ski my best runs, I don't even remember exactly how I skied. My mind and body are completely in sync without any conscious thinking. This does not happen every time I compete, but I have achieved my best results with this state of mind.

The Next Day:

I take some time to relax and think about what I did well and where I made mistakes. I write down my observation of the competition day. With my observations in writing, I can look back at my competitions and work on a consistent approach to competitions in the future. I have learned a lot about myself, what works and what does not.

“Champions look at a bad day of competition rationally as a learning experience.”