



RACE FOCUS PLAN

COURSE INSPECTION

1. Look at the start, plan how you want to feel as you enter the start area and what you want to feel as you enter the start gate.
2. Plan carefully your exit from the start gate and the first 2 – 3 gates.
3. Look at the course, taking careful note of entrances and exits from combinations, plan how you need to exit a combination to achieve a smooth transition to the next gate.
4. Plan how you intend to go from one combination to the next.
5. Talk to the trainers, other racers about the course but most importantly YOU decide how you wish to ski the course.

BEFORE ENTERING THE START AREA

1. Review your race plan.
2. Mentally rehearse your racing line through the gates.
3. Be positive and committed; remember you need to ski to your ability to achieve a good result.
4. Finally make sure you and all your equipment is ready.

ENTERING THE START GATE

1. Mentally rehearse your start from the gate and how you intend to ski the first 2 – 3 gates.
2. Use your breathing to remain focused.

EXITING THE START GATE

1. Set yourself up for the start. When the starter says "GO" only go when you are ready, you have about 10 seconds.
2. Refresh your breathing exercises.
3. Focus on the first 2 – 3 gates, looking down the hill, not at the starter.

4. Be positive, this is where all your hard training has taken you, you can succeed.
5. "Explode" out of the start gate with an explosive exhale of breath using cue words such as YES, NOW, GO, PUSH. Make sure your starts though are always the same using your same cue word or method as the more it is used the more power it will gain each time used positively.

FIRST GATES

1. FOCUS
 - a) Speed (explosive)
 - b) Accuracy
 - c) Getting through the course
 - d) Be Positive, you can do it.

THE COURSE

1. FOCUS
 - a) Being focused, do not be distracted by the noise of other racers or supporters.
 - b) Flow
 - c) Rhythm and change of rhythm.
 - d) How can you achieve best speed and time?
2. Be aware of your race plan and where you are on the course.
3. Be positive, aggressive and co-ordinate you're breathing through the turns.

THE LAST FEW GATES AND FINISH

1. Stay focused, positive and aggressive.
2. The run has not finished until you cross the finish line, think of there being one more gate.

FINALLY WHEN FINISHED BE POSITIVE ABOUT YOUR RUN.

THINK WHERE YOU MAY HAVE LOST TIME.

WHERE COULD YOU HAVE GAINED TIME.

(10th July 2003, Paul Fraylich, Hemel Ski Race Club Trainer)