

BEST IN THE WORLD



Ski and Snowboard Club Vail



Peak Performance
Erin Beskid

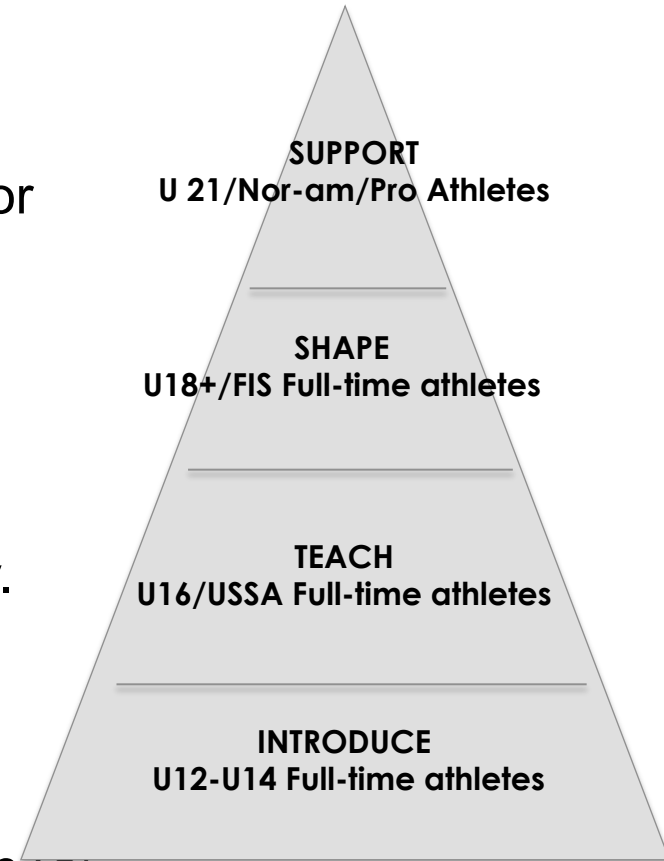


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Philosophy

- The athlete alone receives recognition for improvement.
- Youth not Olympians
- Education over Intervention
- Change comes from the relationship
- Athletes changes when THEY are ready.
- Athletes are people first.



*Adapted from Portenga, Aoyagi, Statler (2012)

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SSCV Programming

- Completely Customized
- Focus is on the Whole Person



- Individual Sessions w/ some Group Training
- Application of skills in sport and life w/ focus on the athlete as a person



- In-depth Mental Skill Education w/ Sport Focus



- Covers Basic Skills in Age appropriate way



SUPPORT
U 21/Nor-am/Pro Athletes

SHAPE
U18+/FIS Full-time athletes

TEACH
U16/USSA Full-time athletes

INTRODUCE
U12-U14 Full-time athletes

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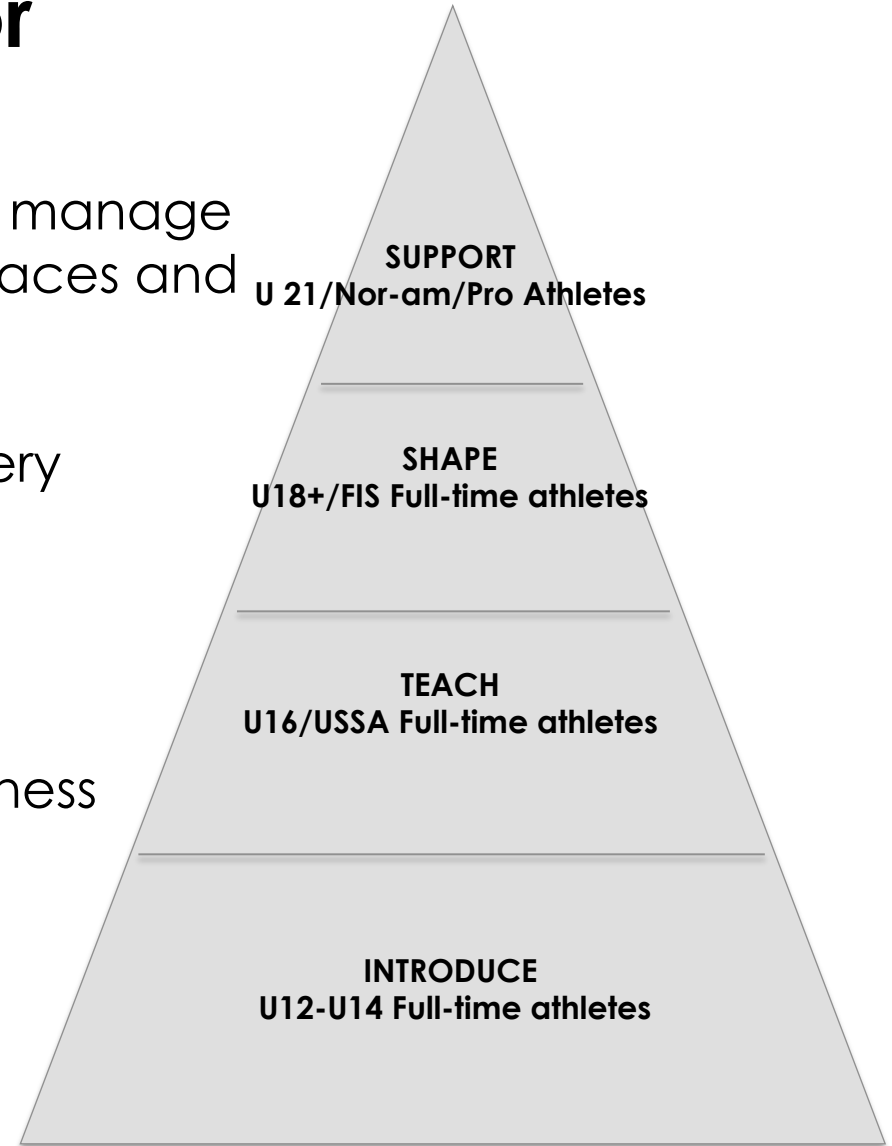
Different skills/styles for different ages.

Using imagery to manage my emotions at races and training.

Ex. Trying to get race imagery within the right time frame.

Ex. In depth imagery training.
Group practice 3x/week. Vividness & Controlability

Ex. U12- Imagery, Energy Management, Self Talk, Teamwork



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What Does Mental Training look like?

- Becoming part of the scene
- Getting to know the athletes personally
 - Change comes from relationships
- Group Sessions
- Implement group goals on hill
- Informal interactions
- Specific feedback or intervention



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U16 + schedule

Education/
Skill Practice

Education/
Begin
Implementation

Implementation/
Reflection

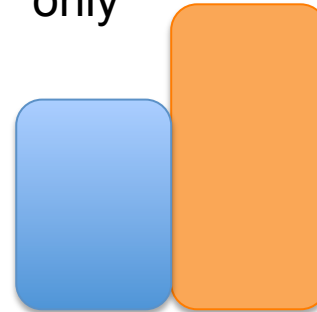
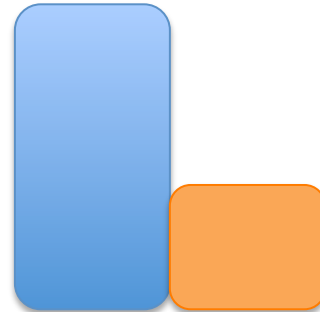
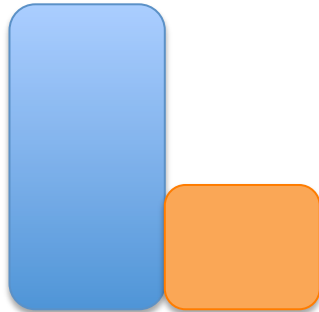
Recovery

Group

Group

U16: Group
U18+: Individual
only

No
Scheduled
sessions



Summer

Fall

Winter

Spring



Volume

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Intensity



Performance Topic Themes

- Pressure etc
- De-selection: not being chosen for a certain level of team
- Injury
- Moving up in age level
- Success one year creating pressure for the next
- 1st run 2nd consistency
- Burnout
- Cohesion issues
- Alpine: pressure (parental, self, coaches), focus on results (self-worth dependent on numbers), fear of injury
- Aerial Sports: high importance on style/appearance, overcoming fear



Sample Weekly Topics

- 1) 10/12 Goal Setting/Mental Prep
 -Resonance, Imagery
 -Understand how to use imagery to mentally practice your on snow skills.

10/19- (Loveland Camp, No school)

- 2) 10/26 Coping with Adversity
 -Energy Management
 -Keeping Composure
 -Techniques: Mindfulness, "Park it", Release Plan Refocus

- 3) 11/2 Peaking Under Pressure
 -How do you deal with pressure?
 -Motivation
 -Perfectionism and Pressure
 -Relaxation script

- 4) 11/9 (**Winter Schedule starts**) Confidence and Achievement Motivation
 -Controlling controllable
 -Scoreboard Mentality
 -2% Blinders
 -Imagery script with music

- 5) 11/16 Teamwork/team relationships
 -Activity
 -How you really impact each other on the hill?
 -Current status update

Performance Breakdowns

- Large improvement, gains or top results. Next season shift in focus to attaining the same results or recognition.
 - Lack of focus on the attitude and skills that got them there.
- Feeling Pressure, over thinking, worrying about all the things that cant be controlled.

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A pivotal age:

- Approximately Age 12-14
- Development of Abstract thinking/self awareness
- Begin thinking about consequences- (possibility of failure or injury)
- Focus on getting the desired result at the expense of the process

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Cracking the Code

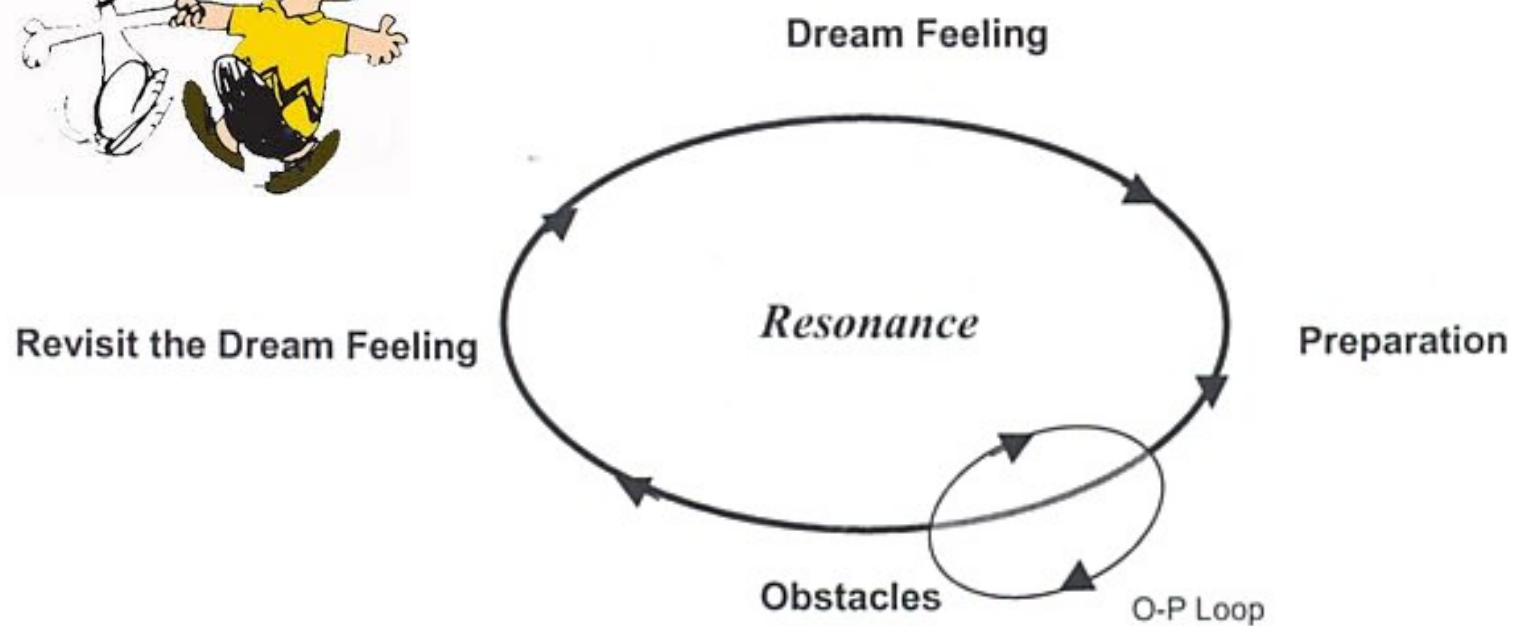
- Pressure vs. worry (over thinking the details)
- Dream feeling
- Excitement about real improvement
- Acknowledging the culture and the work it will take to change

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Self Care

Figure 1. Resonance Performance Model (Newburg et al. (2002))



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Athletic Coping Skills Inventory

5. I remain positive and enthusiastic during competition, no matter how badly things are going.

0

1

2

3

Almost never

Sometimes

Often

Almost Always

6. I tend to play better under pressure because I think more clearly.

0

1

2

3

Almost never

Sometimes

Often

Almost Always

7. I worry quite a bit about what others think about my performance.

0

1

2

3

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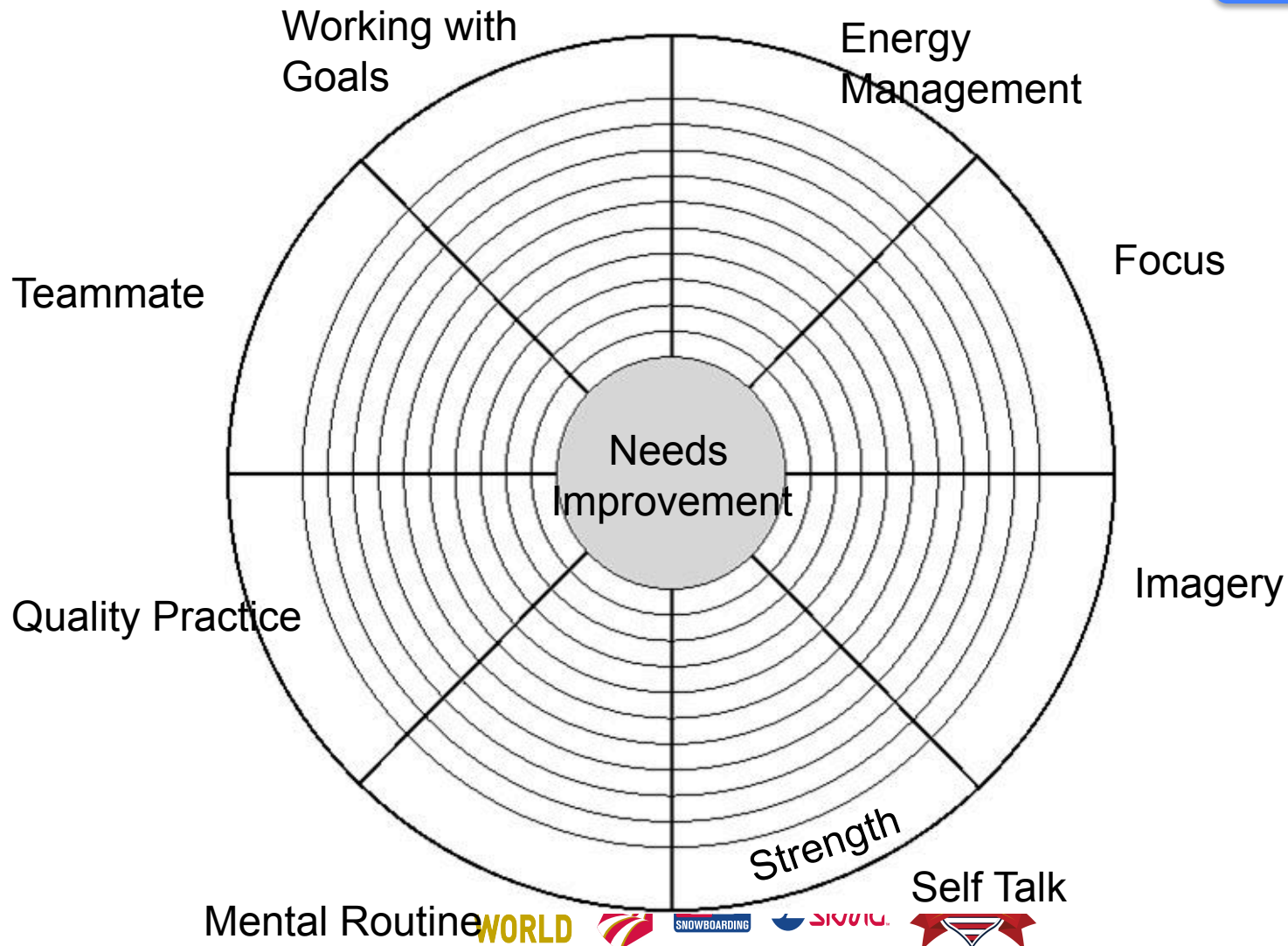
Performance Profile



Coach



Athlete



Mental Routine

WORLD



SNOWBOARDING



SHIVA



Self Talk

Sample Competition Reflection

Name: _____

Date: _____

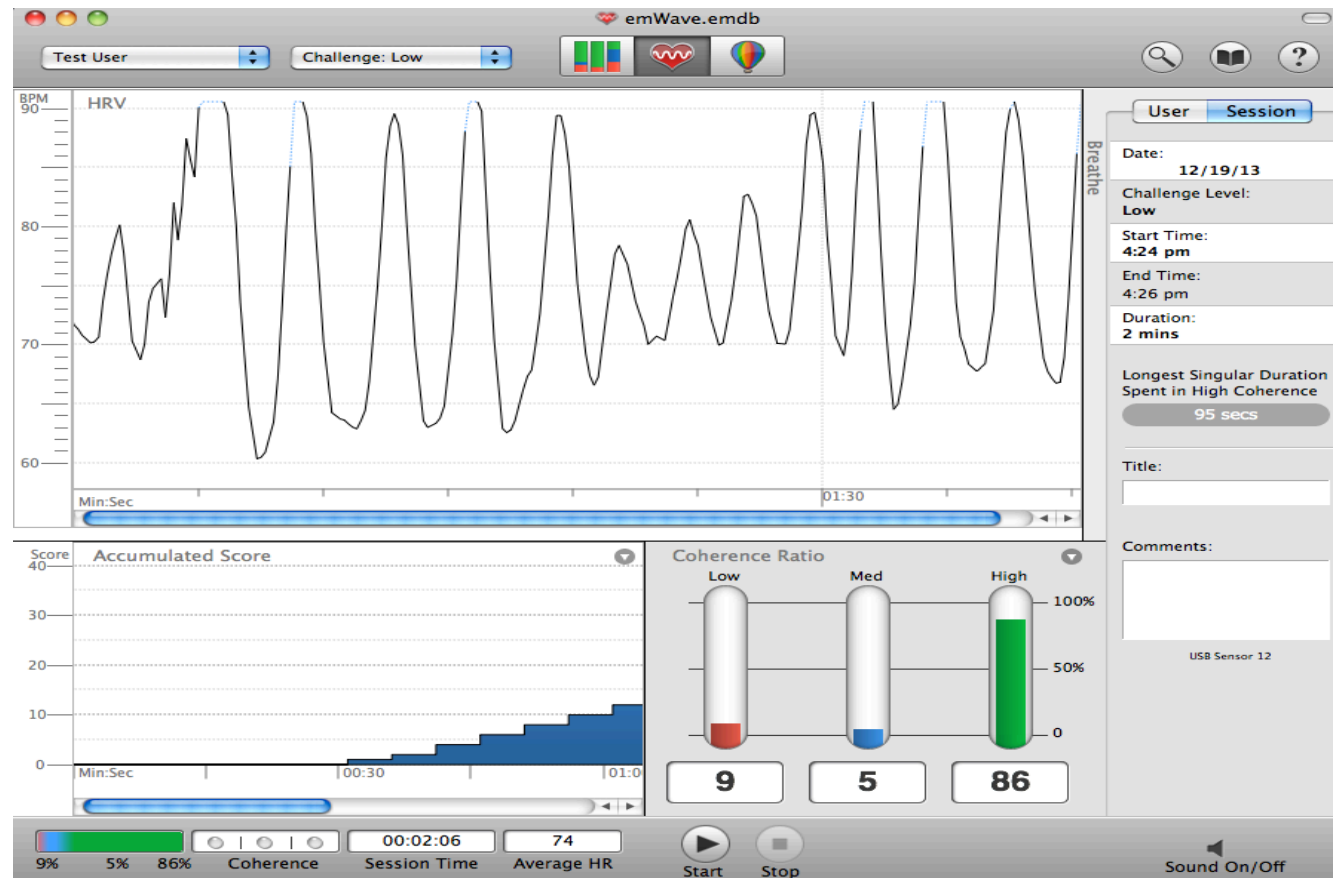
Comp: _____

Things that influenced my performance positively:

Things that would help make my performance even better:



Biofeedback



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Thank You!

Questions?

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