

HEADSTRONG!

Fall- 2009

THE MENTAL *EDGE* ~ GAIL ROYCE ~ 10045 Morningside Dr. ~ Morrison, CO, 80465 ~ 303-697-6389 ~ mental_coach1@msn.com

Happy Autumn! Summer has ended, many of you are back in school, and hopefully everyone is looking towards the upcoming Fall and Winter holidays. Do you have your Halloween costume ready? I'm think I'm starting to smell the turkey roasting!

I'm still dealing with those pesky injuries, so my summer was not as active as I would have liked, but I did have a few good adventures. In June we hosted our 24th Annual Morningside Breakfast Club Run, with about 50 runners and hikers. I rode the Copper Triangle for the first time- a great one day 80 mile ride- Copper Mtn. to Leadville, Minturn, Vail, Vail Pass back to Copper. Riding up Vail Pass at the end was a bit of a challenge, but it was a fun and beautiful ride. I rode The Peaks Trail in Breckenridge and did a rather spectacular flip over the handlebars on a log bridge- the ribs are still recovering! Took a quick early October trip to Moab for some hiking and a couple of mtn. bike rides. I then worked as part of the support crew for solo rider Sampson at 24 Hours of Moab. What an amazing event and what an incredible inspiration those solo riders are. WOW!

Am still in a bit of mourning for the Rockies. I really wanted to see them go all the way. But I've traded my purple & black for orange & blue (6-0!) and am counting down the days (115 as I write this) to the Winter Olympics.

In closing, a point to ponder. How much better could you become if you started each practice with the question, "What are the three things I need to do today that will help me create the success I desire?"* And then... you took major action and DID those three things every day?

*From *Training Camp-A Fable About Excellence*-Jon Gordon

The Greatest Leap You Must Often Take Is The One From

The **KNOWING**



To The **DOING**

As a successful competitive athlete you're required to know a lot. You have to know many specific things about your sport- skill technique, mechanics and execution. You must understand rules and strategies. You need to learn about your body, proper nutrition and hydration, and about strength and flexibility. It's necessary to know about your equipment. And while all of that information is important, it's useless if you don't consistently and diligently apply what you know. There's a famous quote that states "Knowledge is Power," but I disagree. Because all of the "knowing" in the world is useless without turning it into action. The most successful athletes are the ones who not only KNOW what to do, but are willing and disciplined enough to execute and DO IT.

Now while this may sound like an obvious no-brainer, that's not always the case. Sometimes we get this weird idea that just by knowing about it, thinking about it, or reading about it, we're actually DOING it. For example, you know you should eat 5-7 fruits and vegetables a day. So you eat one or two and count that as good, because you know it should be 5-7. You know all about visualization, positive self-talk, power statements and pre-competition routines, so you assume that knowledge is making you mentally tougher, even if you're not practicing the skills regularly. You read that you should drink 64 oz. of water a day and believe that knowledge is keeping you well hydrated! (OK-I'm guilty!) You can't just know it, you have to actually DO it.

Here's a great example of "knowing-to-doing." When one of my skaters successfully worked through a practice issue she was having, I asked her what made the difference. And she said simply, "I just decided to do it. I always knew what to do, I just hadn't been doing it." Often, merely making a conscious and committed decision to do something will inspire you to take the leap. Instead of being stubborn, doubting, or hesitant, decide to step up and "DO" and see what results.

Sometimes the doing is a matter of getting through a fear- fear of failure or success, fear of injury or embarrassment. But taking that giant leap, taking the risk to do what scares you, what's unknown, or is a big change from what you've been doing can be very difficult. It takes a great amount of trust, courage, and confidence in your ability to put yourself out there and just go for it. It requires a significant amount of self-discipline to push yourself from where you're comfortable to an unknown place. But know that most times your abilities are so much more than you believe they are. Take a leap of faith and watch yourself soar.

Know what you need to do and apply it. Decide, commit, act. Feel the fear and do it anyway. Take a big old deep breath and LEAP. You may find yourself finally winning the tournament, landing the jump, making the team, or qualifying for the Olympics!



~Gail's Rules for Athletic Success~

Rule #8 - Resist being a perfectionist; strive for excellence.

Ambitious & driven athletes often refer to themselves as perfectionists. While striving towards the perfect standard in your sport is an admirable goal, expecting to achieve it is setting yourself up for never ending feelings of failure. Sorry to share the bad news, but no athlete is perfect! Nadia scored a "Perfect 10", but there were small mistakes in her routine. Mark Buehrle pitched a "perfect game" this year, but I'm thinking he threw a few balls and his teammates helped by fielding a several hits. Was he perfect? No. Was he amazing & excellent? Absolutely!

Perfectionists must have everything "just right" or they just can't perform well; a handy excuse for failure. They train long & hard, but failing to meet their impossible standards makes them unhappy people. In reality, perfectionism often holds athletes back from achieving their best.

The most successful athletes attend to the details, strive for improvement every day, and relentlessly pursue their ultimate performance. They have a painstaking work ethic, set the bar higher than most, and push their limits to the max. Their expectations drive them forward.

Perfect can be the standard, but excellence should be the expectation. With this healthy attitude, an athlete will generally be happier and more successful.



Phoebe Schneider- National Showcase Junior Champion

Congratulations to Pheobe for her 2009 National Showcase Championship title! It didn't come easy and required some major mental toughness! Phoebe won her qualifying round and advanced to the finals. Upon arriving at the rink, she realized she had no idea where her skates were. Phone calls, panic, retracing steps, tears, trying on friends skates.... no solutions. Finally the skates were found in Denver (she was in C. Springs.) & 15 minutes before competition, the skates arrived. With no warm up, Phoebe dried the tears, stepped onto the ice and gave a stellar first place performance that qualified her to the Parade of Champions Competition. Competing against the other category winners & under the spotlights for the first time, Phoebe outperformed all of her competitors to claim the National Showcase title. Way to go!



Jo-US Open Racquetball Championships
Danny-Cyclocross season
Ilana, Makensie-State Gymnastics Meets
Elliot, Tommy- H.S Football Playoffs & State



If you're in need of a little motivation and inspiration, I highly recommend *Training Camp-A Fable About Excellence* by Jon Gordon. It's a great little book with some worthwhile reminders and words of wisdom about staying mentally tough. Told as a fable, but drawn on real-life people and experiences, the story is about an undrafted rookie trying to make an NFL team. There is something that speaks to everyone in this book!



Clint- MN Vikings team member
Tyler- Denver Broncos team member
Sampson-24 Hours of Moab Solo 15th
Megan-USA Pan Am Karate Team
Ilana- 1st all-around!!
Cyndi- Leadville 100 mtn. bike- awesome time!
Marianne-2 silver, 1 bronze-Int. Master Games
Kathy Q- Duathlon Co-ed Team Series Champion

"You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action."

Anthony Robbins

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."

Leonardo DaVinci

"Just go out and DO what you've got to do."

Martina Navratilova- tennis player

"A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided."

Anthony Robbins