

HEADSTRONG!

Summer - 2008

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



Happy Summer!



It was a fun and busy Winter and Spring. I got in some great XC ski days, including a few chilly minus 20 degree days in Crested Butte at Christmas. I did several snowshoe treks and had some amazing downhill ski days. The warmer weather has brought some good early training rides and interesting trail runs. It was "gut-check" time as I kicked off my running season at the Bolder Boulder. (The gut said I've got a lot of work to do!) Next stop The Cabbage Head Duathlon and then the Georgetown 1/2 Marathon in August, the Glenwood Triathlon in September, and finishing with the St. George Marathon in October. I'm looking forward to some challenging training and hopefully a PR or two!

I was very privileged to attend the Colorado Sportswomen Banquet, where my friend and "mental coachee" was presented an award for her achievements as an International Masters Racewalker. What an amazing group of talented, hard working and accomplished women that were honored! The range of their ages (12-75), variety of sports (basketball to luge) and competition level (blind triathlete to Olympian) made for a truly inspirational evening.

May YOUR summer be filled with exciting challenges, fulfilling PR's, and an abundance of inspiring moments. And be sure to keep in touch to share them with me!



08-08-08



The Opening Ceremonies will take place on August 8, 2008 at 8:08. More than 10,000 extraordinary athletes from all over the world will gather to compete in this most prestigious of sporting events. The athletes who compete in archery, fencing, and modern pentathlon have trained as intensely and sacrificed as much as those athletes in the "spotlight" sports of gymnastics, track and field, and beach volleyball. In the Athlete Village cafeteria, competitors from Andora will share dinner with participants from Zimbabwe. An East Timor boxer will step in the ring against a Djibouti opponent. In the Opening Ceremonies a 4'9" gymnast will march in step with a seven foot tall basketball player. A 15 year old diver will compete alongside the defending gold medalist who twice her age. There will be moments of the most miraculous achievements and pure exhilaration as well as times of unbearable pain and gut wrenching despair. For 16 days, hundred of stories will unfold, enduring friendships will be made, records shattered, and lives changed forever. This is The Olympic Games!

Chances are that very few of you will be fortunate enough to be an Olympian. Out of 90,000 gymnasts in the U.S. only 6 men and 6 women are named to an Olympic team every 4 years. In diving, only two; the odds are minute. But as an athlete, you can take advantage of the Games to draw inspiration and knowledge into your own training and competitive life. The lessons to be learned from the Olympics are so powerful as to have the ability to change who you are and what you can accomplish.

There are motivational lessons in focus, commitment, discipline, sacrifice and courage. There are inspirational stories of overcoming obstacles, hardships, and adversity. Of athletes who have been told they weren't good enough, and yet they never gave up. We meet competitors who have come back from serious injuries and others who compete in pain. We are reminded about the importance of character, integrity and good sportsmanship. We observe shining examples of resilience, excellence, and indomitable spirit. We are awestruck by the athlete's strength, beauty, speed and skill.

So as you watch in August, purposefully capture what you can from their experiences. What tips did you hear about that you can use to improve your training? What qualities did you admire that you'd like to emulate more? What mental toughness lessons can you incorporate into your upcoming competitions? In what ways can you strive to live, train, and compete in the spirit of these incredible Olympians?

And when the Olympic Theme starts and goose bumps appear, or a stray tear falls as the American flag rises in honor of a gold medalist, know that the energy of the Olympic Spirit is touching you in some special and magical way. Let the Games Begin!



~Gail's Rules for Athletic Success~

**Rule #5-
Make the 4 D's
part of every day**



**Desire
Discipline
Dedication
Determination**

To be a successful athlete, you have to want it. You have to want it from a place deep inside your heart. You must want it for yourself, not for, or because of others. Your **Desire** comes from your love and passion for the sport, the challenge and the enjoyment. Desire fuels you through the toughest of days.

Most athletes know what they're supposed to do- it's the doing it that's the hard part. And that's what **Discipline** is all about. Be disciplined in your training habits; know what and how you need to train and then make every effort to make it happen. Be disciplined in executing your skills as correctly as possible every time. Be disciplined in your thinking and emotions; control your thoughts and feelings to allow better control of your performance. Be disciplined in your nutrition, hydration, and sleep habits, stick to them no matter what the situation. Easy? Not even a little. Necessary? Absolutely!

You have to participate whole-heartedly in your training, competition, and pursuit of your goals. No half way, sort-of effort stuff. **Dedication** is a personal promise to give all you have (in a healthy way, of course!) to being the best you can be. It's a concentrated effort of your mind, body, and soul. It's a conscious choosing of an attitude and lifestyle that support your pursuit of athletic excellence. It's doing all the right things, even when no one is looking.

Determination is a firmness of purpose, both in the face of everyday events and when challenges arise. Successful athletes keep trying, push through, look for better solutions, make changes, and continually fight to keep moving forward. They know what they want and they go after it- no matter what!



A Round of Applause!



Danny- U23 team member racing in Europe
Becky-Regional gymnastics qualifier
Amy- Passed Sr. Moves test
Tyler, Kyle, Derek, Chad, Tyson, Jason,
Taylor, Dusty- NFL signees!
Marianne-Sportswoman of the Year Award



Good Luck!

Megan- U.S. Nationals/World Team Trials-Karate
Sampson- Summer Mtn. Bike Races
Meagan & Brenna- Summer BB Tournaments
Cole- AAU Jr. Taekwondo Nationals
Erika- Summer tennis tournaments
Jo- Bolivia RB Tournament
Phoebe & Charlie- Sun Valley FS Competition



"I ran and ran and ran every day, and I acquired this sense of determination, this sense of spirit that I would never, never give up, no matter what else happened."

Wilma Rudolph-Olympian

"The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well."

Pierre de Coubertin-Founder of the Modern Olympics

"It is the inspiration of the Olympic Games that drives people not only to compete but to improve, and to bring lasting spiritual and moral benefits to the athlete and inspiration to those lucky enough to witness the athletic dedication." **Herb Elliott**