

HEADSTRONG!

Fall - 2008

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

Greetings and Happy Autumn my wonderful athletes! Summer is over and the transition to winter has been a warm and beautiful one. Great rollerblading and hiking days! I hope you had a great summer and were able to enjoy some fun adventures and rewarding accomplishments.

Although it's been a couple of months since the Olympics, I think I'm finally getting caught up on my sleep! WOW!! What an amazing Olympics- the incredible feats of Michael Phelps & Co., the bittersweet men's volleyball gold, the always intriguing gymnastics stories, and the totally unpredictable & exciting track events. Olympic fanatic that I am, I also watched water polo, dressage, badminton & rowing- and loved every minute of it all. Hope you enjoyed were inspired!

Best laid plans.... well all I can say is the mind was willing, the body... not so much. I got through a couple of running races, competed in a fun duathlon, did some long training runs, and survived a triathlon. But I did them all with an injured foot and adductor muscle. An acute case of plantar fasciitis & unsuccessful physical therapy on my groin caused me to again cancel my St. George Marathon in Oct. I'm still working on getting past my disappointment, but it's been hard. And as I'm not healing and still needing to see doctors & therapists, I'm working on my patience and attitude. Not an easy task. So I'm asking the "What can I learn from this?" and "How will this make me a stronger, better athlete?" questions. No answers have appeared yet, but I'm open and listening!

Think Strong- Play Strong!



Oh.... The Sacrifices!



Sacrifice- *The giving up of something valuable or important for somebody or something else considered to be of more value or importance.*

As a competitive athlete, you're probably pretty much on a first name basis with sacrifice. You're used to giving up a whole workout bag full of things to become the best you can be at your sport. Serious and dedicated athletes make numerous sacrifices over the course of their career. Student athletes give up time with friends and family, miss out on school activities, and live on little sleep. Adult athletes forfeit work opportunities, do without vacations, and have little time for relationships. French fries & ice cream? Not during season! Athletes and their families make substantial financial sacrifices to support their training and travel. An athlete often sacrifices her body (taking hits on the field). A team competitor is routinely asked to forgo his personal goals in favor of contributing to the team's success (more passing, less shooting). Sacrifice is every athletes training partner. But there are some things you may want to consider about the role sacrifice plays in your sporting life.

* The more ambitious a goal is, the more intense the commitment level must be, and the more significant the sacrifices. A runner aspiring to make an Olympic Team must be willing to give up considerably more than the local age-group racer. If the sacrifices seem too great, you may need to reconsider your goals and expectations.

* Most of the time, are the rewards worth the sacrifices being made? Personal satisfaction, personal bests, goal achievement, public success & recognition, financial rewards- these can be great trade-offs for the things you've given up. But if the sacrifices far outweigh the results or paybacks, it may be time to do some re-evaluating.

* Consider the big picture. Today a sacrifice may loom larger than life, but try to look at it in the scope of the overall scheme of your goal plan. Missing the school football game today hurts a little, but two months from now when you're in season and competing, will the game or your workout have been more important?

* Take full ownership of and pride in your sacrifices. No pity parties allowed. When everyone at the table is enjoying cake & ice cream and you're sipping ice water, you can't feel sorry for yourself. Instead, you congratulate yourself on your discipline, willpower, and dedicated pursuit of your goals.

* Dena Kastor-USA Olympic Marathoner- says, I don't believe in sacrifices, but I do believe in choices." If you view what you're doing as a positive, mindful choice in pursuit of your dream, you'll feel more virtuous and less deprived.

"Sacrifice is involved in every pursuit that is worthwhile."



~Gail's Rules for Athletic Success~

Rule # 6- When in doubt, choose the more challenging route; never take the easy way out.

Your coach gives you the option of doing a "couple more" or being done for the day. You lose count of your intervals or swim laps. You get the chance to play with the "big boys." You completed your assignment, but the quality was iffy. Do you usually choose to do more, or are you content to settle for passable? Successful athletes always go for the "challenging route." By doing so you test your limits, tackle your fears & weaknesses, and build your confidence. Obviously, how your body feels and your safety must be considered. But in most cases, choose the tougher option- it will make you a tougher and more successful athlete.

Athlete Profile- *Jo Shattuck*

Athlete, Coach, Club Pro, Tournament Director, Masters Student

"I just landed at the airport, I'm home for a day, then I leave for a tournament and coaching clinic in Japan. I need to get my plan ready!" A typical day and phone call for Jo Shattuck. As a competitor on the Women's Pro Racquetball circuit Jo plays in numerous tournaments around the country. As a coach she is a much sought after clinician and racquetball ambassador, traveling this past year to Bolivia, Canada and Japan. Jo is the Pro at Denver Athletic Club. And in her "spare time" she is working on her masters in Sport Psychology! Needless to say, Jo is very diligent about staying on top of her mental game. She believes that her visualizations & power statements are a necessary part of her preparation. She never fails to check in with her mental coach before & after a tournament to go over her game plan & review her performance. Jo is looking to break into the top 5 on the tour this season. Good Luck!



Thumbs Up



Megan C.- 2nd place USA Karate Nationals/World Team Trials

Cole B.- 2nd place - USA Tae Kwon Do Nationals

Kathy Q.- Completed the Triple Bypass for the first time!

Phoebe S. - Two 2nd place finishes at Sun Valley-figure skating

Katey, Phoebe, Charlie, Annika,- SW Regional Competitors-figure skating

Macy B. 2nd, Katie N. 2nd SW Regionals Figure Skating

Danny- Cyclocross Season
Brenna & Megan-Senior year



Allie, Ilana, Erin, Taylor, Amanda-USAG
L6 State Meet



"He who would accomplish little must sacrifice little; he who would accomplish much must sacrifice much."

Napoleon Hill

"The important thing is this: To be able at any moment to sacrifice what we are for what we could become."

Charles DuBois

"If you are going to be a champion, you must be willing to pay a greater price." Bud Wilkinson

"The rewards for those who persevere far exceed the pain that must precede the victory." Ted W. Engstrom