



Suggested steps to start the program

- decide that your athletes would benefit from this exercise
- recognize that this exercise is likely to have a positive impact on your athletes which transcends skiing
- this program moves your athletes in the direction of skiing for the right reasons and drives safer behaviors
- link to the video and the Flyin Ryan page to confirm your decision to start the program with your group.
- Download the syllabus and replicate it for your athletes.
 - Depending on your financial circumstances, you may want to put the syllabus in a binder
- If you have dryland training in the fall you can fold it into your schedule and allow about an hour for each of the 5 segments of the program.
- It is important to tell your athletes in the beginning that they will be presenting themselves to their coaches and teammates (and parents) at the conclusion of the program. It might be wise to plan for and schedule some kind of potluck dinner to accommodate this element. This is the portion of the program that instills ownership in the athlete of his underlying core principles.
 - In this modern day world the athletes should feel free, if they're so inclined, to portray themselves in the form of a photostory with pictures and music, etc. This is met with huge success in the high schools where the Decisions program is in place. One of the chief values of the photostory element is that it requires that each athlete really focus on his core values with the result that it strengthens the bond between the athlete and his self- driven core values. The stronger the bond, the stronger relationship will be between an athletes behavior and his core values.
- It is your choice to determine whether you make the program optional or mandatory for your athletes. Our experience in schools where it is required is that 81% of the students who participate ultimately come to value the program after its

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completion. Roughly 25% of the students who value the program have said it was a life-changing experience that had a major impact on how they perceive themselves and plan to conduct themselves in the future. Bottom line here is for each five athletes who undergo this exercise, one is likely to benefit in a significant and life-changing fashion. That possibility adds value to your program is already in place.

Don't forget to order Flyin Ryan decals, core values cards and a core values poster for your program. The purpose of the decal is to be a visible reminder of the core values it represents. A great location for the decal is either on the helmet, on the skis, the rear deck of the car, the laptop or wherever else where it can serve to reinforce the idea that core values matter.

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