



DECISIONS

2015

Flyin Ryan Hawks Foundation

www.flyinryanhawks.org



Developed By:



Founding Partners:



Overview and Objectives:

Every time our young athletes strap on a pair of skis and head for the steeps they begin a journey navigating through a maze of important choices, routinely making critical decisions that have the potential to affect their short term and long term health and fitness. In this course we will begin to build the tools required to make smart decisions. Understanding our unique core values as individuals is key to developing good decision making skills in every area of our lives. To launch or to bail, that is the question.

Agenda:

Module 1: Introduction_Ryan's Core Principles

Module 2: Thinking About Risk

Module 3: Mental Preparation

Module 4: Goals and Expectations

Module 5: Core Values Presentations



Module 1: Introduction to Ryan's Core Principles

WRITTEN BY RYAN

Live every day, all day

Never stop exploring life

Never lose my adventuresome attitude

Be the best friend I can be

Be the best brother, son, uncle I can

Look out for others

Look out for myself

Look out for our surroundings

Play like I'm thirteen

Be self-sufficient

Don't be afraid to ask for help

Work hard

Live easy

Live simply

QUALITIES WHICH REPRESENT RYAN'S SPIRIT

Find JOY in all you do

Be EVEN-HANDED with everyone

Always be willing to DO YOUR SHARE and then some

Be REAL

Be HUMBLE

PURSUE ADVENTURE for the RIGHT REASONS (fun, friendship, passion)

LOVE and RESPECT the mountains and nature

Be PASSIONATE about sustainability

Never lose your SMILE

Be GRATEFUL for the privileges in life you enjoy and the friends you have

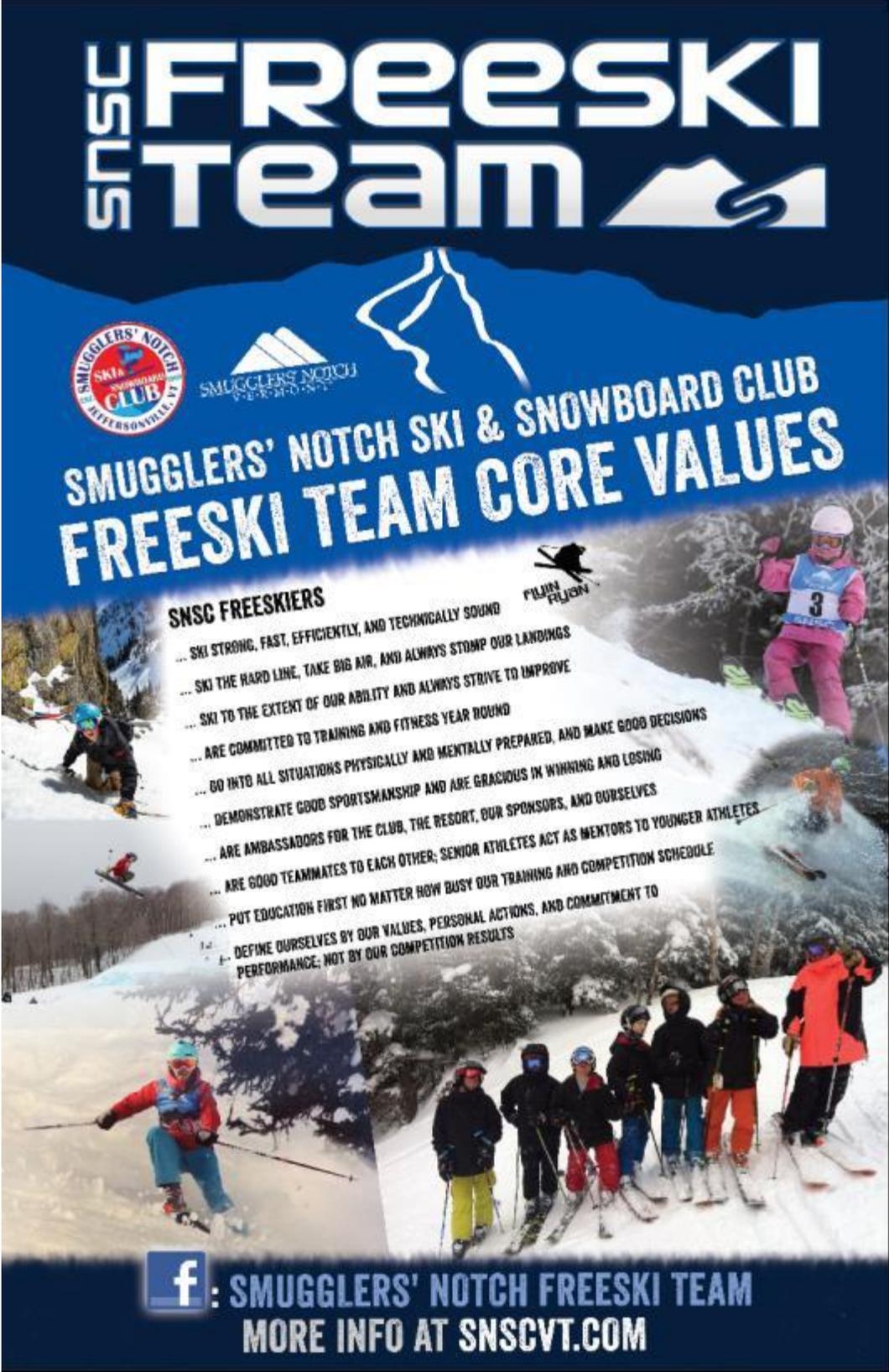
Know and respect the SKIER'S CODE

RESPECT your body by taking care of it.

SET and ACHIEVE reasonable GOALS

STAY physically and mentally FIT





SNSC FREESKI TEAM



SMUGGLERS' NOTCH SKI & SNOWBOARD CLUB FREESKI TEAM CORE VALUES

SNSC FREESKIERS

- ... SKI STRONG, FAST, EFFICIENTLY, AND TECHNICALLY SOUND
- ... SKI THE HARD LINE, TAKE BIG AIR, AND ALWAYS STOMP OUR LANDINGS
- ... SKI TO THE EXTENT OF OUR ABILITY AND ALWAYS STRIVE TO IMPROVE
- ... ARE COMMITTED TO TRAINING AND FITNESS YEAR ROUND
- ... GO INTO ALL SITUATIONS PHYSICALLY AND MENTALLY PREPARED, AND MAKE GOOD DECISIONS
- ... DEMONSTRATE GOOD SPORTSMANSHIP AND ARE GRACIOUS IN WINNING AND LOSING
- ... ARE AMBASSADORS FOR THE CLUB, THE RESORT, OUR SPONSORS, AND OURSELVES
- ... ARE GOOD TEAMMATES TO EACH OTHER; SENIOR ATHLETES ACT AS MENTORS TO YOUNGER ATHLETES
- ... PUT EDUCATION FIRST NO MATTER HOW BUSY OUR TRAINING AND COMPETITION SCHEDULE
- ... DEFINE OURSELVES BY OUR VALUES, PERSONAL ACTIONS, AND COMMITMENT TO PERFORMANCE; NOT BY OUR COMPETITION RESULTS



 **SMUGGLERS' NOTCH FREESKI TEAM**
MORE INFO AT SNSCVT.COM



Module 2: Thinking About Risk

In this segment we will review a method for assessing the risk involved in our actions so that we can make good decisions. To launch or to bail, that is the question.

What can go wrong?

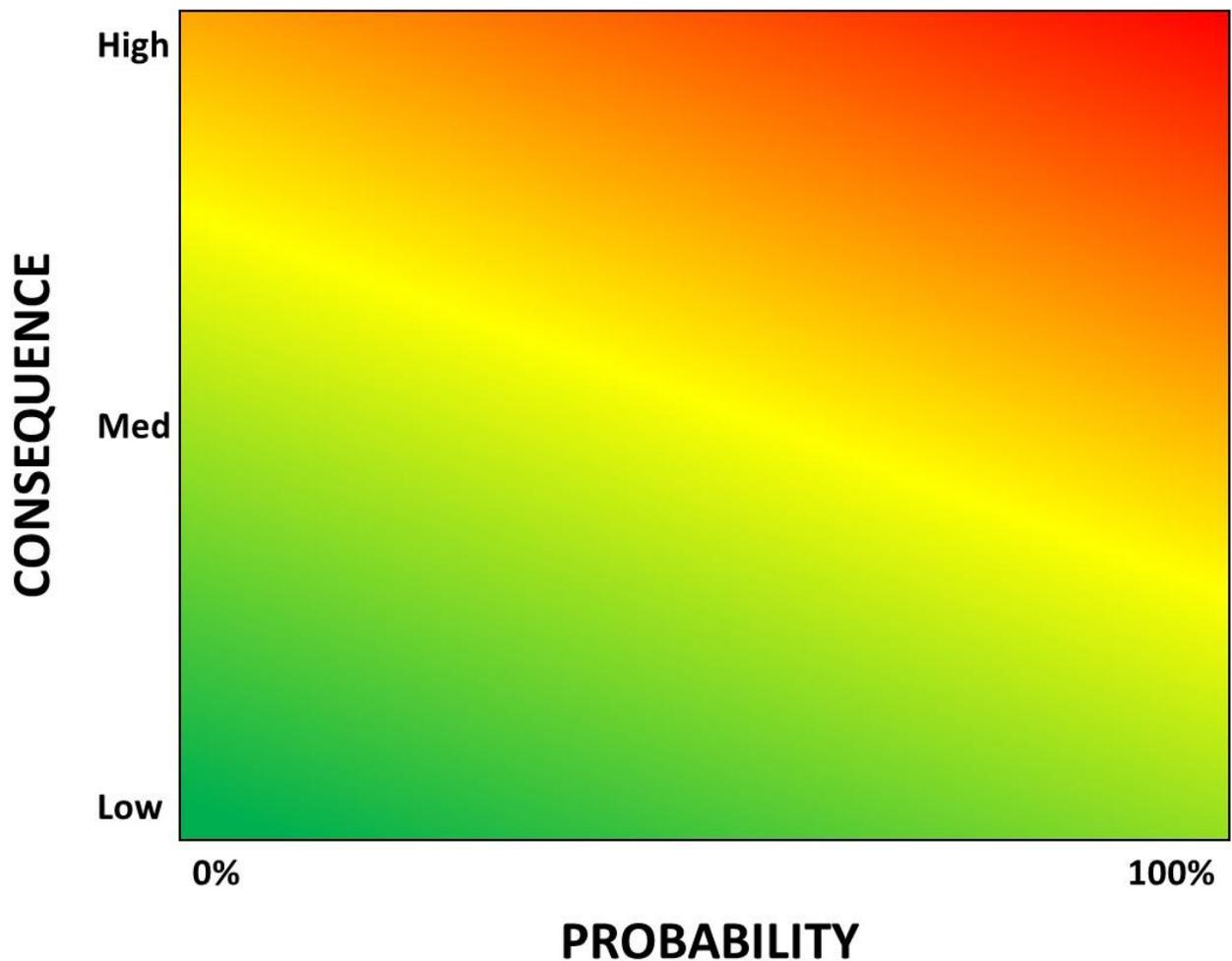
What is the probability that it will go wrong?

What is the consequence if it goes wrong?

What is the payback if I succeed?

Is there anything I can do to reduce the risk?

Use the chart below to assess the risk of a few different scenarios from nasty bad to no sweat. Make sure to stay out of the red! Yellow isn't all that great either. Green is maybe a little boring, but it's safe there. Let's talk about when it may be ok to venture into the yellow. I'll give you a hint. The answer is directly connected to your core values!



Module 2: Thinking About Risk

DECISION MAKING ON THE FLY:

We all have a little voice inside telling us to launch or bail. Sometimes we ignore the voice. Sometimes that gets us in trouble. Share three examples when you listened to the voice and avoided disaster and three examples when you ignored the voice and things went badly. To paraphrase Shakespeare, "Being chicken is the better part of valor."

List three examples when you listened to the voice and avoided disaster:

Example 1: _____

Example 2: _____

Example 3: _____

List three examples when you ignored the voice and things went badly:

Example 1: _____

Example 2: _____



Module 2: Thinking About Risk

Example 3: _____



Module 3: Mental Preparation

Introduction

Many experts agree that the mental part of athletics is even more important than the physical part, yet athletes spend most of their time working on the physical part of their game, and very little working on the mental side. In this session we will focus on a few important aspects of mental preparation for peak performance. You may be surprised by what you learn about yourself. Let's start exploring.

The Start Gate

Be aware of your mental state when standing in the start gate, and know how to get to your desired mental state. If you are feeling anxiety, what is making you feel that way? Address and eliminate clutter in your head! Here are some examples of fears that clutter athletes' heads in the start gate:

- Not adequately prepared (I'm out of shape, I can't ski on ice, I am using the wrong skis, my edges are dull, my boots don't fit, my DINs aren't set right, etc.)
- Won't meet personal expectations (I can't do this!)
- Won't meet someone else's expectations (I won't do as well as my parents / coaches / teammates / friends think I should.)
- Public failure (I'm going to look like a gaper...)
- Injury (I'm going to crash.)
- Losing to somebody who isn't as good as you (If I don't beat Jane I'll be mad, embarrassed, etc.)
- Winning (I don't want the public exposure, attention, pressure, etc.)

How do you think your sports heroes, airline pilots, race car drivers, soldiers, public speakers, entertainers, feel when they are "in the gate"? Write down three examples.

Example 1: _____

Example 2: _____

Example 3: _____



Module 3: Mental Preparation

When you are standing in the starting gate, what are you thinking about? Are you pumped to get started or feeling anxiety?

When you have had a great run, what was your mental attitude in the gate?

When you had a bad run what was going on in your head just before it all started?

Preparation

Here are some things you can do to prepare yourself for competition, to change your outlook in the starting gate, to maximize your performance, to eliminate clutter.

- Prepare yourself and your gear. Train your fitness and skills, choose the correct gear, get a proper fit, size, and settings, and be a craftsman when it comes to maintenance and tuning.
- Align your expectations with your readiness, efforts, and ability
- Be satisfied that you put in your best effort, and look forward to finding out how you stack up against your competitors and teammates



Module 3: Mental Preparation

- Have a plan, and as you prepare for your run, picture yourself executing a perfect run, each section nailed just the way you intended, skiing through the finish line with arms in the air and fists pumping.



Module 3: Mental Preparation

Personal Risk vs Reward

My own personal view is that if you are going to be a great freeskiier you have to be showing signs of greatness by the time you graduate high school. Once you graduate high school you have the myriad of pressures of adulthood pulling at you including college, trade school, employment, and relationships. It will be hard to justify pursuing a skiing career, to yourself or your family, if you have not achieved some level of greatness already. That said if you are a freshman and have three years to go, at 40 skiing days per year you have 120 days to be great. How are you going to spend those precious 120 days? They will go by fast! Are you going to waste some of them skiing into fitness at the start of each season, or are you going to start the season in prime fitness? Are you going to waste any of those days skiing on equipment that isn't properly sized, maintained, or tuned or are you going to make sure your gear is always spot on? Do you have a plan including goals and expectations, or are you going to play it by ear? And finally, you have to take personal risk in order to achieve great things. If you want to go big, you can't be afraid to think enormous. If you take a chance you just may fail but you may also succeed. If you avoid putting yourself out there and don't take the chance, you guarantee failure. Don't hold back, dream big, act big, stay humble and use every day to work toward your dreams. Years from now, regardless of the outcome, you will look back, satisfied that you gave it your all, and enjoy all of the memories.

The Power of Fun

Many competitive athletes get so focused on competition results that they overlook the importance of keeping the fun in their sport. The reason you started freeskiing in the first place was because it is so much fun. If you get so focused on training for success that you lose the enjoyment of skiing, your grounding force can go away and burnout or injury cannot be too far off. Keep it fresh, routinely take a day off from "training" and go out and have some fun. Ski your favorite powder lines or explore new territory, rip some arcs on your favorite groomers, run some gates, spend a day in your favorite park just messing around, skin up to your favorite winter view, or do an overnight in a snow cave. Do whatever it takes to bring your mind back to the place where you fell in love with the sport and decided to make freeskiing your lifestyle.

Plain and simple, why do you ski?



Module 3: Mental Preparation

What is your favorite type of skiing?

How often do you get to enjoy your favorite type of skiing?



Module 4: Goals and Expectations

Goals and Expectations

What are your goals and expectations? I'll give you a hint. They are directly related to your core values! Remember that goals and expectations are two different things (ex: I expect to get on the podium, my goal is to win). You should have both short term and long term goals and expectations (ex: a short term goal is to win a STEFT event this year, a long term goal is to podium in a world tour event before I retire). Everybody's goals and objectives are unique. Are your goals and expectations realistic, and aligned with your effort level and abilities? If they are not, increase your efforts and capabilities to match your expectations, or reduce your expectations to something more realistic.

List three short term goals and expectations (this year):

Expectation 1: _____

Expectation 2: _____

Expectation 3: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

List three long term goals and expectations (end of competition career):

Expectation 1: _____

Expectation 2: _____

Expectation 3: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____



Module 4: Goals and Expectations

Question and answer:

Are your goals and expectations aligned with your abilities and willingness to work toward them?

Do you have a plan in place to start the season ready to achieve your goals?

Are you as fit as you need to be to achieve your goals?

Are your skills strong enough to achieve your goals?

Do you have the proper gear, and is it sized and adjusted properly?

Is your gear in good condition and properly tuned?



Module 5: Core Values Presentations

Closing Ceremony:

Parents, coaches, and family members are invited to attend and listen to the athletes present their core values and talk about what they have learned from the Decisions program.

- Summary of the program (Coach/Instructor)
- Individual core values presentations (Athletes)
- Distribute certificates of achievement (Coach/Instructor)

