



SPORTS PERFORMANCE MENTAL SKILLS PROGRAM

Coaches | Parents | Athletes

Upcoming Events in WP

Dec. 5

- ❖ Chef's Cup
- ❖ **1:30-3:00pm Speaker:**
Come see *John O Sullivan*
– *Changing the Game*
(Upper floor of balcony house)

Dec. 18-21

- ❖ US Freestyle Team Selections

The Benefits of Self-Talk

- ❖ Build confidence
- ❖ Manage emotions
- ❖ Control effort

When to use it?

- ❖ Learning or performing a skill
- ❖ Changing bad habits
- ❖ All the time!



“Champions learn how to develop empowering beliefs and invest a substantial amount of time solidifying those beliefs, mostly through their own self-talk.”

Self-Talk: Talking yourself into better performance.

Parents, what your athletes say to themselves can have a big impact on performance. How you respond can contribute to their performance!

Examples and Constructive Responses

Athlete trying a new skill

Athlete: “I suck at this!”

Parent: “Sucking at something is the first step to being great at it.

Mistakes are where you learn.”

After a poor performance

Athlete: “I’m never going to be good.”

Parent: “Think about how far you come...”

- Bring the focus to what they are doing well

- Remind them that good results take time and practice

Comparing themselves

Athlete: “I work so much more how are they better?”

Parent: “What did *you* do well? Your performance is what matters not theirs.”

- Praise progress – everyone is on their OWN path

- Support their effort and practice

The blame game

Blame can be negative and positive. Listen for what the athletes attribute good and bad performance.

Harmful Examples:

“It was the great snow that helped me do great.”

“My run sucked because of the ruts.”

“I always do badly on cloudy days.”

“I did great cause the skier before me broke up the snow.”

*** Go back to how they could’ve handled it better or make a plan for next time they encounter these obstacles!



Sport Psych Consulting

Ensuring your athlete is performing to the best of his ability means more than just training on the mountain.

- ◆ THE MIND IS LIKE A MUSCLE, just like muscles of the body, it needs to be trained
- ◆ You do not need to be struggling or “broken” in order to go to individual counseling—it is to help you reach your FULL potential
- ◆ The best athletes in the world have sport psychologists—the USOC in Colorado Springs has 6!
- ❖ Contact Stephanie Zavilla for more information
 - Phone: (303) 917-2481
 - Email: szavilla@winterparkresort.com



NEW Return to Sport Program

Injury, sadly, is a part of the sport we all love so much. The long periods of time off snow, physical therapy, and rehabilitation that often accompany most injuries can be riddled with physical and psychological changes: sleep disturbances, changes in diet, mood swings, lack of motivation to do PT, sadness about not training with the team – the list goes on. As an athlete gets closer to returning to snow, behind all the excitement could linger anxieties and doubts about the strength of the injured area, being “behind” in training compared to their peers, and the fear of re-injury. The new Return to Sport (RTS) program has been designed to help create the most efficient path back to the mountain. We are your kids’ new team during the process of recovery. Our goal is to be a source of psychological, physical, social, and emotional support to our injured athletes to help facilitate a successful return to sport!

What does the RTS Program Look Like???

- **Initial Meeting** – Initial coping with the injury, goal setting, and introduction of resources.
- **Weekly Check-Ins** – Physical and psychological changes can happen on a weekly basis throughout rehabilitation – weekly check-ins facilitate motivation and getting the athlete the resources they need.
- **Sport Psych for Injury Mental Skills Groups** – a group session in Denver designed specifically for working on mental skills while the athletes have extra time, so that even while they are off snow, they can still make progress towards their goals, and act as a support system for one another.
- **Psychological Readiness to Return** – Ensuring that the athlete is returning to snow confident and strong, with minimal fear of re-injury.

Rehabilitating through an injury is a humbling process. Athletes will be forced to deal with aspects of themselves they’ve never experienced; humility, maturity, honest communication of emotion - and the resources we have set in place are invaluable. As much as we hope your athlete never needs to utilize the services of this program, we will be ready to help them every step of the way if they do.