



## ***PRIME SKI RACING 101***

# **Race Imagery Program**

**Jim Taylor, Ph.D.**



# RACE IMAGERY PROFILE

**Vividness** –How clear your imagery is. (1-blurry; 5-very clear)

**Control** – How well you're able to control your images and ski the way you want without mistakes. (1-poor control, lots of mistakes; 5-total control, no mistakes)

**Feeling** –How well you're able to experience the physical and emotional feelings of skiing. (1-no feeling; 5-total feeling)

**Speed** – How well you're able to imagine yourself skiing in slow motion, at 'fast-forward' speed, and at normal speed. (1-can't at all; 5-at all speeds)

**Total experience** – How well you're able to reproduce the total experience of ski racing (e.g., thoughts, emotions, physical sensations). (1-not at all; 5-total)

**Perspective** – Whether the 'video camera' is inside or outside of you. (1-inside; 5-outside)

**Directions:** Imagine yourself running a course for 15 seconds. Then, rate yourself on the first five elements using a 1-5 scale using the descriptions provided above. For Perspective, identify whether you are internal or external.

RACE IMAGERY PROFILE					
5					
4					
3					
2					
1					
0					
	Vividness	Control	Feeling	Speed	Total... Perspective

# RACE IMAGERY LADDER

## Least Important

1. free skiing
2. Gate training

## Moderately Important

3. Timed training runs
4. Low-level race

## Most Important

5. Major race

## RACE IMAGERY SCENARIOS

Directions: To guide your imagery sessions, you can: 1) use the mp3 files at the bottom of the workbook, 2) memorize, record, or modify the below training and race imagery scenarios, or 3) create your own imagery scenarios.

Training Scenario	Race Scenario
<p>You are in the start area before your first training run. You have a few racers to go before your run. It's time to get yourself totally prepared to ski your best.</p> <p>Begin your training routine. First, get your equipment ready. Buckle your boots, adjust your gear. Take some deep breaths. <i>[pause 15 seconds]</i> Your equipment is now totally prepared to ski your best.</p> <p>It's now time to get yourself physically ready. Stretch out, warm-up your body, check and adjust your intensity. <i>[pause 15 seconds]</i> Take a deep breath. Your body is now totally ready to ski your best.</p> <p>Two racers to go before your training run. It's time to get yourself mentally ready. Focus on what you want to work on this run. Close your eyes and imagine yourself skiing the way you want to. <i>[pause 15 seconds]</i> Take some deep breaths. You are completely prepared to ski your best on this run.</p> <p>In the gate, totally focused on skiing your best. Poles over the wand. Take two deep breath...GO. <i>[pause 45-90 seconds depending on the event]</i></p> <p>At the bottom of the training course. Now, replay your run if you had a good run to ingrain the positive images and feelings. Replay and edit your run if you made some mistakes, correcting the mistakes, pushing out the negative images and feelings and replacing them with positive images and feelings.</p> <p>Now it's time to head back up for your next run.</p> <p>On the ride up the lift, close your eyes and imagine yourself skiing the way you want on your next training run.</p> <p><i>[repeat or each imagined training run]</i></p>	<p>Go out to the race hill. You're near the finish area about 30 minutes before your start. You've had a great week of training. You're skiing really well. You've inspected the course and know it well. You've taken your warm-up runs. You feel strong and fast. You will have a great race today.</p> <p>It's time to go up for your run. Get on the lift and make your way to the top. On the ride up, close your eyes, take several deep breaths, and see and feel yourself skiing strong and fast in your race run.</p> <p>Off at the top of the lift, ski down to the start area, making fast, aggressive turns. <i>[pause 15 seconds]</i> Arriving at the start area, it's time to get yourself totally prepared to ski your best.</p> <p>First, get your equipment ready, armor, skis, bindings. <i>[pause 15 seconds]</i> Take several deep breaths. Your equipment is now totally prepared for you to ski your very fastest.</p> <p>Now get yourself physically ready. Warm-up, stretch out, check and adjust your intensity. <i>[pause 15 seconds]</i> Take several deep breaths. Your body is now totally prepared for you to ski your very fastest.</p> <p>Five racers to go. Strip down, make your final adjustments, and buckle your boots. <i>[pause 15 seconds]</i> Take several deep breaths.</p> <p>Three racers to go. Time to get yourself mentally ready. Check and adjust your intensity. Imagine yourself skiing key parts of the course. <i>[pause 15 seconds]</i> Take several deep breaths.</p> <p>Time to go into race mode, totally focused on one thing: skiing as fast as you can. You will have a great race today.</p> <p>The starter calls you into the gate. Slide your skis back and forth. Keep breathing. Poles over the wand. Five seconds. Ready...GO. <i>[Pause 45 seconds, SL; 65, GS; 75 SG; 90 DH]</i></p> <p>In the finish area. Look back up the hill and review your run with race imagery. Now, replay your run if you had a good run to ingrain the positive images and feelings. Replay and edit your run if you made some mistakes, correcting the mistakes, pushing out the negative images and feelings and replacing them with positive images and feelings.</p> <p>I'm going to count down from 10 to 0. During that time, leave the hill and return to this room. But all of the positive thoughts, positive images, and positive feelings will stay with you, so you can bring them out the next time you race.</p> <p><i>[repeat for two-run events]</i></p>

# RACE IMAGERY GOAL PLAN

**Directions:** In the space below, indicate the following: 1) the mental areas you want to work in your imagery; 2) the current status of the mental areas in your imagery, 3) your goal for the mental areas in your imagery, and 4) what mental tools you will incorporate into your imagery to achieve the goal.

Setting	Mental Areas	Current Status	Goal	Mental Tools
	<b>Technical/ Tactical (ex. stance, line)</b>  1.  2.  3.			
	<b>Mental (ex. intensity, mindset)</b>  1.  2.  3.			
	<b>Performance (ex. speed, consistency)</b>  1.  2.  3.			



## RACE IMAGERY MP3 FILES

1. Use links to imagery mp3s (download to your phone).
  - a. [Training](#).
  - b. [SL/GS](#).
  - c. [SG/DH](#).