

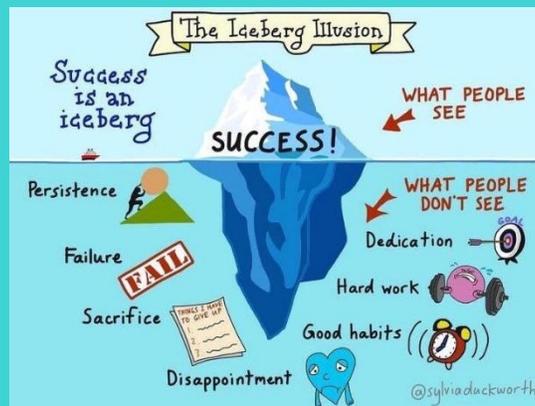


## THEME FOR THE MONTH OF AUGUST HOW TO DEAL WITH DISAPPOINTMENT

from

VARA Youth Coordinator Alex Krebs

### DEALING WITH DISAPPOINTMENT



**Definition of disappointment: to fail to satisfy the hope, desire, or expectation of.**

"Success is an iceberg" and that is what people see, what they don't see are all the other things that lead to success whether in athletics, school or work. This newsletter is going to be part of a series of addressing the facets of the "Iceberg Illusion", this month we are addressing "DEALING WITH DISAPPOINTMENT"

We have all "fallen down" at one time or another -just not physically but emotionally as well. By "fallen down" could mean literally falling down in skiing or emotionally being disappointed by not getting the school grades you wanted or the ski result you had anticipated. Picking yourself back up again, is unfortunately easier said than done.

Disappointment is a fact of life and must be dealt with, if not discouragement and devastation are not far away. Disappointment can come from a series of minor annoyances and frustrations. Everyone needs to know how to handle the small, daily disappointments and keep them in perspective otherwise they can get out of hand and be blown out of proportion. For example you wake up late in the morning making you late for the race, parking lot is full so your

car is parked in the back of the parking lot, the lodge is crowded, the line for race registration is long and then you find out they don't have you on the start list. Due to all of this you have to rush through inspection and then your goggles fog just before your start.

If you haven't learned to deal with disappointments than you will not be prepared to handle them. If you have learned to adapt and adjust than you will be quick to remedy the situation(s). Meaning that if you have not let all of the disappointments of the morning bother you, you can put those behind you and have a "ripping" run!

Disappointment is natural and normal, and everyone will experience it to some extent in their life. It is how you handle the disappointment and move forward that makes the difference.



Alexandra Krebs  
VARA Youth Coordinator  
Email: [alex@vara.org](mailto:alex@vara.org)  
Cell: 802.338.1680

Please visit the [VARA Youth Coordinator Page](#) on the [VARA](#) site.