

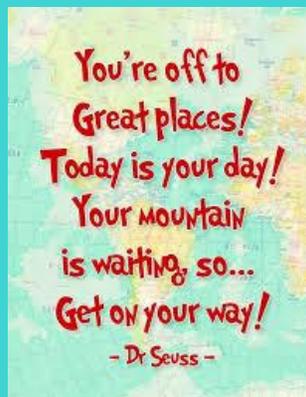


THEME FOR THE MONTH OF October
INSPIRATION
from
VARA Youth Coordinator Alex Krebs



Thanks to this month's theme sponsor

INSPIRATION



Written by Dr. Jim Taylor

"I'm sure you've watched World Cup video of Mikaela or Marcel or Ted or Lindsey. Or seen them race in the Olympics or World Championships. Or heard an interview with them in which they talk about their efforts, challenges, and successes. How do you feel after? Well, inspired, right? What a great feeling! You're fired up and ready to take on the world. You're brimming with determination and confidence. Your eye is on the prize-you want to be as successful as they are-and, by gosh, that prize is yours!

Then something rather deflating happens. You wake up the next morning and the inspiration is gone. You're still the same old you. Same commitment, confidence, and effort. And you may even feel worse about yourself because, after the previous day's inspiration, your failure to step it up to be like those ski racing superstars is all the more glaring.

So what happened? The truth is that you, and innumerable other ski racers looking for inspiration to achieve their lofty goals, have been led to believe that inspiration can be manufactured from the outside. That you can just watch, read, or listen to a superstar and their drive and determination will somehow be magically transferred into you. Unfortunately, this "synthetic" inspiration simply can't last long because when the source of the inspiration (i.e. the video, interview, film, or book) is gone, that so-called inspiration fades.

Also, the inspiration that comes from external sources is designed to provoke maximum inspiration, but provide minimal follow-through. The reality is that inspiration is a necessary, but not sufficient, contributor to pursuing your goals. Yes, inspiration may get you out of bed or off of the sofa, but motivation to succeed without a clear direction, means, or support to take action toward your goals has little value.

True and lasting inspiration can't, unfortunately, come from outside. It must arise from a very deep place within you. This inspiration is grounded in who you are and what you want, and it absolutely forces its way out of you, demanding that you take action. This internally fueled inspiration makes not giving it everything you've got an impossibility because it would mean not being true to yourself. That is the inspiration that propels great athletes to monumental acts of courage, willpower, perseverance, and, ultimately, success.

True and lasting inspiration can't, unfortunately, come from outside. It must arise from a very deep place within you. This inspiration is grounded in who you are and what you want, and it absolutely forces its way out of you, demanding that you take action. This internally fueled inspiration makes not giving it everything you've got an impossibility because it would mean not being true to yourself. That is the inspiration that propels great athletes to monumental acts of courage, willpower, perseverance, and, ultimately, success. "-Jim Taylor

Dr. Jim Taylor is offering the below classes with a 10% discount for VARA members. I have taken these classes and they are really fantastic for athletes, coaches AND PARENTS! I encourage you all to participate in these online courses.

[Prime Ski Racing 101](#): Train Your Mind like a Champion. This 6-class online course, shows you how to be totally mentally prepared to ski your fastest when it matters most. Here's what you will learn: 1) How to

treat your mental training the same way you do your physical training and on-snow training; 2) How to strengthen five mental muscles (motivation, confidence, intensity, focus, and mindset); and 3) How to use five mental tools (emotions, imagery, routines, breathing, and trust). The course is filled with useful information and practical exercises to help racers to achieve their ski racing goals.

[Prime Sport Parenting 505:](#) Raising Successful and Happy Young Athletes. This 4-class online course, provides sport parents with deep insights, useful information, and practical tools about the impact of they have on their children's athletic experiences. Here's what you will learn: 1) Three pillars of successful achievers; 2) Five attitudes that are essential for athletic (and life) success; 3) How to send the most positive and healthiest messages to your children about their sports participation; and 4) Dos and donts of sport parenting.

[Prime Ski Coaching 404:](#) Psychology of Training Champion Ski Racers. This 4-class online course, provides coaches with a foundation of knowledge and practical tools about the impact of the mind on training their racers. Here's what you will learn: 1) Develop a team culture based on healthy values, attitudes, and goals.; 2) How to integrate mental training into your overall training regimen; 3) Implement a 'gym routine' that ensures maximum effort and conditioning gains, and begins to strengthen racers' mental muscles before they get on snow; 3) How to make mental imagery an essential part of your weekly training program; and 4) How to use mental tools, such as imagery, routines, breathing, and focusing, in their racers' training.

VARA discount coupon: [VARA 10% discount](#)...Many thanks to Jim for contributing to this months VARA Youth Newsletter!

Alexandra Krebs
VARA Youth Coordinator
Email: alex@vara.org
Cell: 802.338.1680

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

