



THEME FOR THE MONTH OF JANUARY

HARD WORK

from

VARA Youth Coordinator Alex Krebs



**JOIN US FOR A POWER
CAMP THIS WINTER!**

January 9th–11th

February 6th–8th

March 13th–15th

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Thanks to this month's sponsor, GMVS, click on the logo to view camp details.

HARD WORK



The Importance of Recognizing Hard Work

"Another component of our Iceberg Diagram"

As we head in to the competitive part of our racing season there is still a lot of hard work to be done so that we can go as fast as possible during the racing season and peak in mid-March. Day light hours are short and it seems like there aren't enough hours in the day to fit everything in with school, homework, training, racing, eating, sleeping, working out and traveling. In the midst of all this, it is acceptable, and even good, to appreciate the

difficulty of the work that you are doing and to understand the commitment and drive it takes to succeed as an athlete.

Everyone knows it's hard and everyone has the ability to work hard. We don't have to constantly talk about how hard it is. The more negative we become regarding what is simply the required level of training to succeed in our sport, the more it is going to make that training difficult to accomplish. Whereas, an approach or belief that the training is challenging but completely doable, will lead to more success.

There can be a significant benefit to treating the 'daily training grind' as no big deal-just doing what is required to put the money in the bank-rather than constantly patting oneself on the back for working so miserably hard. By talking about the sport and its training in these terms, and by thinking about it as some incredibly difficult feat, it makes it harder than it needs to be and, subconsciously, makes it something that we can despise doing at times. Thoughts like these might lead us to question why we do it, or how much longer we can do it. Yes, it's difficult and challenging for both the mind and the body, but that's the deal. That is how training and racing works and that is the beauty of sport-we push ourselves to the limit to see what we are truly capable of. It's often been said that 'sports don't build character, they reveal it.' Many will say that they do both.

We know that building endurance, strength and fitness is a process that takes time, dedication and good old hard work. We push our bodies in this way so that they must find a way to adapt, and become more efficient. You have to force yourself into this state as an active, daily pursuit. Training is not a passive exercise.

Yes, ski racing is hard. Yes, it is impressive what ski racers accomplish in terms of their mental and physical fitness and discipline. All sports take hard work, life takes hard work! The difference between someone mediocre and someone who has achieved greatness is the determination and drive they put into what they do. Through hard work even the mediocre can achieve success. There are never any short cuts to success, but hard work complimented with the desire to achieve, determination, and always being motivated to go after your goal, make success become bigger. Hard work only works as hard as you do, and the level of success reached will only be as high as an individual's work level.



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