MAST Character Skills Training

11-16-22

Goals: Why do we set Goals???-

**Goals create a road map for success-they are the targets toward which you point your life. They help you see where you are going, what changes you need to make, and if you are progressing toward your prize.**

THERE ARE MANY WAYS TO SET GOALS AND IF YOU ARE NEW TO GOALSETTING, THIS IS A VERY SIMPLE AND EFFECTIVE WAY TO LEARN THIS IMPORTANT SKILLSET.

**Two Types of Goal**

**Effort-** These goals are very powerful. Things we can control- how hard we work, our awareness, preparation, how we treat ourselves, our growth mindset etc.

**Outcome**-Often things we cannot control-ie you can achieve all your effort goals and ski the race of your life, yet not get the result you had targeted due to variables…. weather, competitors, etc

Ski Racing is full of variables that change from day to day that are completely out of our control, as is life.

For example: Weather- Temperature, snow, sunlight, rain, wind- often these change minute to minute during a race

 Snow conditions- ice, soft, ruts

 Running order

 Course sets good or bad, fast or slow

 Equipment issues

 Race Delays-Timing failures, injury

 Running order vs conditions

 Bibs, running order, confusion,

 Chairlift failure

 Interference- gates, debris, DQ

In fact, when I look at this list, almost all of these things occur at every race we attend! So, imagine what effect this can have on the unprepared athlete, which is why we start with our list with effort goals----THE THINGS WE CAN CONTROL.

**Effort Goals**: Very powerful goals-things we can control. One needs to focus on making Effort HABIT. We are not an either-or society meaning you either have talent or not…no! hard work and effort can replace talent in many cases. Eventually, the effort is perceived as talent!

Examples of Effort Goals: Well designed Effort Goals will move you closer to your outcome goals

**Punctuality/Preparedness**- Are you efficient in the chalet-come early and be on snow on time-are you prepared (growth mindset) physically and mentally to attend practice

**Diet, Rest, Life Balance**-are you giving yourself the best opportunity to succeed

 Screen Time-Set a goal to reduce this or shift screen time to Sprongo

**Goal Card**- I challenge you to keep this card throughout the year. Be accountable to your path toward success, leave it in your boot bag or jacket so we can review throughout the year

**Sprongo**- once, twice, three times a week watching video.

**Race Rules**- Do you know the rules of a ski race-do you know your rights to deal with all the variables

**Racing Terminology**- How are you getting to know the sport

**Drills**- how many can you do? How many can you be proficient at? Can you do all 80 in one season? How many can you MASTER?

**Equipment and Apparel**- are you tuned up, dressed properly, drying out boots every night, maintaining your equipment.

**Chalet Time**- Keeping this to a minimum

**Awareness**- Are you meeting new athletes from all grades. Chairlift rides- Are you learning about your teammates.

**Pre**-**Race Routine-Pre-Practice Routine-Pre-Run Routine**-

**Visualization-**Intentional practice of this vital skill for success. Are you spending 5 minutes every day practicing this skill.

**Positivity-**Can you find something positive in every run?

**Mistake Plan-** Do you have a plan in tact for failure

**Emotional Control**

**Growth Mindset**

**Have you Developed a Mental Edge**

Good Effort Goals build maximum confidence. **Do the right thing** mentality helps deal with failure.

**Outcome goals:** The prize. What are the major achievements you want to take away from this program, year, career. These are often not in our control, but many times fall into place with well executed effort goals. They can be public and or private. They are the prize.

GOAL CARDS: This is your road map to success. I would challenge you to keep this card on you throughout the entire season—boot bag, jacket pocket, etc. This becomes your sports journal for the year. Date the milestones achieved and the modifications of the goals. List events, good and bad that help you toward your outcome goal- Go to this card weekly to check your progress. By the end of the year this card will become your sports journal and could be an invaluable tool for reflection. Use it to vent frustration and validate success. Next year we will integrate this card into a new season card and you have now accomplished a vital part of this skillset know as “tracking your goals”.

All successful people set and track their life goals…you are setting yourself up for success!!!Congrats.