**The MAST Way**

***Theme:*** MAST has a unique way of doing things and at certain points in the season this will become glaringly apparent when you observe how other team conduct their business. Today we want to introduce you to the MAST Way of being an athlete and exceptional citizen.

***The Opportunity***

To learn how to do a sport really well and that I can enjoy for the rest of my life.

To widen my circle of friends and the circle adults in my life who care about me.

To learn the skills that a person needs to possess in order to be successful in achieving a complicated goal.

***Four Challenges***

1. **How we treat ourselves.**
* Embrace the journey... failure is part of the journey, as is success.
* Be patient.... with yourself.
* Pursue mastery ...but know that there is always room for improvement.
* Give your best effort ... because that is all you can control.
* Focus your mind... your mind controls your movements, so you have to first train the mind to send the signals to make the movements in the proper sequence and with the proper timing.
* Harden your will... because failure will be a HUGE part of the experience so your will has to continuously overcome disappointment.

**Implications**

Success comes only when an athlete takes small but continuous steps. Trust your coaches as they carefully and deliberately help you master the skills you need to become an exceptional skier. Treat your journey as a ski racer like a brick layer constructs a wall.... you have to layer the bricks one on top of the other. This is how we build ski racers. One skill at a time.

1. **How we treat others (A, E, I, O, U)**
* Be Aware
* Be Encouraging
* Be Inclusive
* Be Open
* Be Understanding

Implications: Everyone wants to belong, to be accepted, to be understood, to be supported. The only question is whether each of us will take this opportunity to build a healthy community across school boundaries, grade levels, and genders?

1. **How we train.**
* With the desire to understand.... eventually.
* With attention to detail...booting up, the skate to the lift, the warm up, the inspection, the wait, the start, the run, the feedback, the return to the top...the small details build up and make a difference in your performance.
* With the fullness of effort.... build up your bank account of skill mastery by making every minute count, every run count, every turn count.
* With the support of a team... encourage one another, teach one another, challenge one another.

**Implications:**

No one achieves success without hard work, without a community of quality teammates, without paying attention to the smallest details, and without a deep understanding of the thing they are pursuing. This is why we offer six practices a week on snow, why we spend the first week or more of the season teaching you the six fundamental building blocks of ski technique, why we spend 30-45 minutes each day directing you to ski a sequence of skiing drills outside of the course, why we ask you to tune your skis, tighten your boots, watch your video, watch your teammates’ video, and cheer on your teammates when they succeed and support your teammates when they get discouraged.

1. **How we compete.**
* Spirit of joy and gratitude.

**Implications:**

Everyone wants to do their best. Everyone dreams of being one of the best. But there is only one winner of each race. Use competition to measure yourself against ... yourself. Did you embrace the experience, the fun of competing with others who are passionate about the sport? Did you test yourself by putting forth your best effort in every way possible: by how you cared for your body, your equipment, your teammates; by becoming a student of the sport; by making every run count in training; by trusting your coaches to guide you through the process of mastering skills; by taking joy in making a perfectly carved turn?