



## Start Area Plan on Race Day

### 1. Course Slip/Inspection:

What I look for: \_\_\_\_\_

### 2. How many times I visualize at finish area to review my course inspection findings: \_\_\_\_\_

### 3. Amount of free runs I will take: \_\_\_\_\_

### 4. Amount of time I would like to chill with teammates: \_\_\_\_\_

### 5. Start Area

Amount of total time I would like for physical warm up: \_\_\_\_\_

Things I need to do in my physical warm-up:

\* \_\_\_\_\_

\* \_\_\_\_\_

\* \_\_\_\_\_

Areas in my physical warm-up where I blend mental and physical:

\* \_\_\_\_\_

\* \_\_\_\_\_

Amount of times I will visualize the course in start area: \_\_\_\_\_

Total time for physical/mental warm-up: \_\_\_\_\_





## 6. Final Prep

*Listen to coach's final course report.*

*Get boots cleaned off & click in.*

*What I think before approaching the wand.*

### SLALOM:

*Athletic Cue Word:* \_\_\_\_\_

*Tech/Tact Word or Phrase:* \_\_\_\_\_

### GIANT SLALOM:

*Athletic Cue Word:* \_\_\_\_\_

*Tech/Tact Word or Phrase:* \_\_\_\_\_

### SPEED EVENTS:

*Athletic Cue Word:* \_\_\_\_\_

*Tech/Tact Word or Phrase:* \_\_\_\_\_

***Explode through the wand with confidence!***

