

August 13, 2011

Greetings to all of you again

We've wrapped up another successful week in Mammoth, having put in "two-a-day's" on most days, run every run between 7,500' and 10,200' of elevation and it would be a safe bet this group is in better shape than they were when they left. For those who would like to see pictures, a gallery (not quite finished ... by monday!) is here: http://bradpetersphotography.smugmug.com/Cross-Country/2011-Season/Mammoth-Camp-2011/18436593_qnd6FW#1421848329_crT6pmv

This coming week will be the last week of summer camp. We'll be at school each of the five days, with Saturday at the Gage Canal again.

As always during the summer, we'll begin at 6:00 AM to avoid the heat.

Summer's End Swim Bash

It will be this next Friday at Shamel Park/Pool on Arlington near the 91 freeway. Time is 3:00-7:00 PM -- swimming, BBQ, games, fun.

Your summer camp fee is paying for it, so there is no fee to enjoy the time. We will require that you have a ticket though so that we can get an accurate head count for buying the food. You'll need to provide your own transportation. This event is exclusive to the summer camp team, so please be advised, you cannot bring "outside" friends.

School Registration

I've had several emails regarding what to do with registration in a week. We are practicing at 6:00 AM all that week, so our practice will not conflict. We will be done by 7:30-7:45 AM. August 22-24 are the official tryout dates and attendance is highly important to be considered for the team.

Proper care for your "dri fit" summer camp t-shirt

The manufacturers sent us a link to help with your washing and drying of the shirt you received for summer camp. Read it here: http://www.customink.com/care_instructions/?pc=CRD-49509&cm_mmc=lifecycle-_-howwasit-_-appareltext-_-care

Mental Toughness

Whether you're trying to make a time standard for team selection or racing at the Nike Cross Nationals, the mind is the most powerful tool you possess. I found this excerpt from an article, which I find to be helpful in articulating what the coaching staff is trying to teach the runners of King XC. Read it with intention:

Another important aspect of becoming a stronger mental athlete is visualization. Visualization is a tool that we often underestimate. The mind is powerful enough that what we imagine to be truth often has an effect on the body because the mind believes it. Take a recent study, Mind Over Milkshakes, in which participants were told they had a low fat, low calorie milkshake or a high fat, high calorie shake. In reality they were both given the same exact milkshake but proceeded to have different responses from their gut telling them they were full or not. The mindset determined the body's response.

Knowing this, arming yourself with a positive mental attitude and visualizing running a race or workout the way you want can have a significant impact on how you perform once actually in the race. Professional athletes of all types use visualization to see themselves connecting a bat with a baseball, catching that long Hail Mary pass in the end zone, and staying right on the heels of another runner and sprinting away from them to the finish. Melody Fairchild, one of the greatest high school runners of all time, all-American in track and cross country, and avid trail racer, describes visualization as "the process of creating a 'blueprint' for the plan you will carry out in your race. It is a very personal and even creative process and trail races tend to invite that creative process of visualization more readily, as the terrain is undulating and varied. A trail runner often naturally gets into the 'meditative' state which visualization

requires. Road racing requires more intensely focused visualization, as it is a real mental discipline to keep the measured, fast splits which road racing invites."

Going through a few key visualization steps before a race can have a significant outcome on how you perform.

1) Start the process prior to race day. Find a quiet space and take a few minutes in the weeks leading up to the race and visualize yourself in the race. The week before, take a few minutes each day to add in more detail about how you will run the race.

2) Use a positive mental attitude, replacing all negative thoughts/images with positive ones. Imagine yourself reaching your goals, passing the one runner you've never beaten before and crossing the finish line first.

3) The day before or day of the race use your knowledge of the course or venue to imagine yourself running the whole race and thinking about key decisions you'll need to make during the race. If it's a trail race for example, imagine yourself relaxing on the big climb that always kills you and accelerating from the top like you've never been able to do before. Paint a picture with great detail and familiarize yourself with the atmosphere before you're racing.

The mind is an incredibly powerful training tool when used correctly and in a positive way. The body will follow what the mind believes and visualizing that you can reach a goal and believing that you can will do as much to get you to that goal as the physical training you put yourself through. Confidence in your abilities comes from a good mental attitude, overemphasizing the challenges ahead and visualizing yourself reaching your goals.

You can read the whole article here:

<http://www.runningtimes.com/Article.aspx?ArticleID=23509&PageNum=2>

Keep on, keepin' on!