

Edge Article - Fall 2011

Senior Skier Clinic Focus - Energy Management

There will be clinics offered both days at the Ed College at Deer Valley for the senior skier. This year, we will be narrowing the focus and size of each clinic group. At Ed College, since it is the beginning of the season, we will start with an “early season tune-up” clinic that focuses on managing “energy” while teaching. This workshop will utilize video and photos of the participants as we “tune-up” for the season and get a handle of either being ‘psyched out’ or ‘psyched up’.

Energy management is one of those “must understands” for optimal performance. This is especially true for the senior skier who needs to utilize all the tools they can find! The modern world of sports psychology is full of such concepts as “full engagement”, “flow”, “zone”, “oscillation”.

Managing energy is the underlying principal to such performance concepts.

Even in the business world you hear about energy management; how energy management is more valuable than time management.

How, as ski and snowboard coaches, can we employ the principals of energy management to create a more successful learning environment for our clients?

There are four forms of energy: physical, emotional, mental, and spiritual. Physical energy is dependent on sleep, exercise, hydration, nutrition and intermittent rest to transport oxygen and glucose. Emotional energy is enhanced with positive feelings, being calm, focused, relaxed and confident and happy. Your emotional muscles can be exercised just as you exercise your physical muscles; try the “gratefulness” exercise. Rehearse everything you are grateful for. Mental training for managing energy involves such concepts as learning to be fully present here and right now. The highest level is spiritual training; i.e. identifying your priorities, what matters to you the most and hence where your energy should go for a successful life.

Come to the workshop ready to explore additional concepts of energy management such as ‘oscillation’! Prior to the clinic, we encourage everyone to go online or down to the library and do a bit of research on energy management. Come prepared to dialogue during the workshop on practical applications to facilitate learning on the snow.

Short Report on the Senior Project: A group of people involved with Senior Programs around the country met at the 50/50 at Snowmass. We are currently working together to come up with some basic guidelines and materials for Senior Ski Education. We plan on meeting again this fall and finalizing the materials soon thereafter. Currently, anyone wishing to obtain a Senior Specialist 1 or Senior Specialist 2 Accreditation is advised to go to the Western Division. Their Accreditation programs continue to grow and be highly successful.