

CMAC Mental Training Weekend
With Dr. Jim Taylor, Sports Psychologist
December 19-21, 2015

Saturday, Dec. 19

7:00-8:00 All coaches of U14 and up in CMAC shack for “Prime Coaching”

9:00-12:00 Training, all (U16/FIS go until 2:00)

12:00-2:00 U14 racers, parents & coaches lunch seminar at Alpine Inn

2:00-4:00 U16/FIS racers, parents & coaches lunch seminar at Alpine Inn

***Topic of lunch seminar is “8 Attitudes That Make or Break Racers”**

****Lunch will be a deli sandwich buffet, \$12pp, payable to Alpine Inn.**

*****U16/FIS athletes will train until 2:00, so plan your own snack break☺**

5:00-6:30 U14 parents’ potluck dinner/appetizer meeting at Billikin Lodge for segment titled “Positive Pushing: How to Raise a Successful and Happy Child”

Sunday, Dec. 20

7:30-7:50 FIS kids in CMAC shack for mental imagery session

8:00-8:20 U16s in CMAC shack for mental imagery session

8:25-8:45 U14s in CMAC shack for mental imagery session

9:00-12:00 Training, all (U16/FIS go until 2:00)

12:00-2:00 U14 racers, parents & coaches lunch seminar at Alpine Inn

2:00-4:00 U16/FIS racers, parents & coaches lunch seminar at Alpine Inn

***Topic of lunch seminar is “Prime Ski Racing: Psychology of Champion Skiing”**

****Lunch will be a pizza buffet, \$12pp, payable to Alpine Inn.**

*****U16/FIS athletes will train until 2:00, so plan your own snack break☺**

5:00-6:30 U16/FIS parents’ potluck dinner/appetizer meeting at Billikin Lodge for segment titled “Positive Pushing: How to Raise a Successful and Happy Child”

Monday, Dec. 21

- 7:30-7:50 FIS kids in CMAC shack for mental imagery session**
- 8:00-8:20 U16s in CMAC shack for mental imagery session**
- 8:25-8:45 U14s in CMAC shack for mental imagery session**
- 9:00-12:00 Training, all (U16/FIS go until 2:00)**
- 12:00-1:00 U14 racers, parents & coaches lunch seminar at Alpine Inn**
- 1:00-2:00 Parents' round-table Q & A at Alpine Inn**
- 2:00-3:00 U16/FIS racers, parents & coaches lunch seminar at Alpine Inn**

***Topic of lunch seminar is "Two Essential Mental Tools for Ski Racing"**

****Lunch will be a soup & chili buffet, \$12pp, payable to Alpine Inn.**

*****U16/FIS athletes will train until 2:00, so plan your own snack break😊**