



The ELITEAM Ski Racing Journals have been in the works for the past six months and are finally here! Anyone who knows us, knows we are passionate about Sports Psychology, so designing these Journals was a natural progression for us.

Through our camps and clinics, we work with several hundred athletes each year. The kids have always participated enthusiastically in our Sports Psych discussions and expressed interest in the mental side of sports. The reality, however, is that most of their time off-snow is spent dryland training, and most of their time on-snow is spent on technical training. Generally speaking, the mental training takes a back seat. We wanted to help change that... not only for our ELITEAM athletes, but for ski racers all over the country!

We created this Journal as an EASY and EFFECTIVE means of ensuring that every training session and every race is positive and productive, no matter what the outcome.

Many of the best athletes in the world use a Journal every day to set goals, track their progress, and develop strong mental skills. And you can too! It doesn't take a lot of time, but can have a huge impact on your performance.

We created this Journal as a way to ensure that every training session and every race will be positive and productive, no matter what the outcome. It will help you get focused on what you need to do technically to improve your skiing and focused on what you need to do mentally to keep a positive mindset. It will inspire you to work a little harder. It will even remind you to have fun out there!

When you use this Journal, you'll show up to the mountain prepared, focused and with a positive mindset. And if you do that, you'll fast track your progress all winter long!

Five Journal Sections:

- **STATS, FUN FACTS & ME** – Includes a variety of self-awareness questions
- **SEASON PREP** – Evaluate your mental & technical skills, set goals
- **TRAINING** – Fill out the one-page Training Reflections each week (18 weeks total)
- **COMPETITIONS** – Complete Competition Day Plans & Post Race Evaluations (10 races total)
- **SEASON RECAP** – At the end of March, reflect on your ski season

Other Perks:

- Inspiring quotes from US Ski Team athletes
- Packing list for the mountain
- Pre-race nutrition tips
- Gratitude reminders

Additional Info:

- Designed for ski racers ages 8-15
- Journal = 122 pages

NEW! Turn-Key Training for Clubs – from ELITEAM



AGILITY

w/ Visualization & Pre-Workout Nutrition



STRENGTH

w/ Goal Setting & Recovery Fuel



ANAEROBIC

w/ Positive Self Talk & Hydration



SKI SPECIFIC

w/ Distraction Training & Healthy Snacks



POWER

w/ Cue Words & Energy Nutrients



AEROBIC

w/ Teamwork & Sugar Facts

We've bottled up our ELITEAM knowledge, workouts, energy and fun into an easy to follow program for Ski Clubs. From Agility Poles to Dynamic Relays, and Circuits to Quick-feet Slalom, this 6-Session program is perfect for Clubs looking to start a new Dryland Program or boost their existing program with new workouts and educational handouts covering Sports Physiology, Psychology and Nutrition.

This Turn-Key Training program has everything a Club needs including schedules, equipment lists and instructions on how to conduct each training session, along with videos of each exercise, so Coaches can see exactly how to set up and lead each activity.

This product is designed for Ski Clubs, so please reach out to your Club and tell them you want this new ELITEAM Program at your Club this Fall!

ABOUT THE SESSIONS

Our programs are available for any coach to use with their ski team in any location. All materials can be downloaded, and all videos can be viewed once you sign up.

SESSION 1- AGILITY

With Visualization & Pre-Workout Nutrition

SESSION 2- STRENGTH

With Goal Setting & Recovery Fuel

SESSION 3- ANAEROBIC

With Positive Self Talk & Hydration

SESSION 4- SKI SPECIFIC

With Distraction Training & Healthy Snacks

SESSION 5- POWER

With Cue Words & Energy Nutrients

SESSION 6- AEROBIC

With Teamwork & Sugar Facts

EACH DAILY SESSION INCLUDES

☐ **PLAN FOR THE DAY:**

Focus and Objective for each training session.

☐ **SCHEDULE:**

Complete schedule, down to the minute! 2 hours each (can be modified for a longer session)

☐ **HOW-TO'S:**

Instructions and resources to successfully execute the training session, including diagrams and supplies lists.

☐ **VIDEOS:**

Instructional videos demonstrating how to set up exercises and properly perform each one.

☐ **EDUCATIONAL HAND-OUTS:**

Complete set of hand-outs for the athletes.

☐ **ACCESS TO DOUG & KELLEY LEWIS:**

For help executing the Program through email and phone.

OUR CAMPS AND PROGRAMS BUILD COMPLETE ATHLETES BY TEACHING THE CONCEPTS OF



SPORTS PHYSIOLOGY

We work hard, but make it FUN!
Variety is key for young athletes.



SPORTS PSYCHOLOGY

Train your brain! Strong mental skills
set you up for success.



SPORTS NUTRITION

Food is fuel! We introduce the basics
of sports nutrition.

ADDITIONAL NOTES

This particular program is for the Fall Dryland season which is almost over. However, the workouts are great workouts to do all year long with groups (**weekly to keep fitness, on rain-days, in the Spring to start the off-season.**) We tried to get it done earlier, but just had too much to do...

If Clubs buy in this Fall, they would get access to the info and videos until next September 1st. Plus access to Kelley and Doug through phone calls and emails.

For Clubs:

- ★ The Turnkey is perfect for this final month of pre-season training with your Clubs/Groups.
- ★ Has everything from instructions to schedules to videos of the exercises
- ★ Comes with access to Doug & Kelley for Info
- ★ \$1950 is a discounted price from \$2400 (\$400/session)
- ★ Great for Clubs to build teamwork within the Age groups
- ★ If they were at the Catamount session, they saw a lot of the program first-hand

The hope is to continue to add workouts to this program for Clubs to utilize throughout the year.