



By Robert Rudelic BS, NMT, MES

I was going up the chairlift and feeling frustrated about my technique that day. I was riding scared; the snow was deep, heavy and chopped up – aka “crud”. The run was very steep and I was not able to comfortably go as fast as the steepness of the run was taking me. I started tapping to overcome my frustration, focusing on my inability to turn in the crud and being scared of riding out of control and hurting myself. As I tapped, I quickly realized I was scared of the speed and did not feel confident I could stop when I wanted to. It was a small difference but significant because it was the same fear I felt overall even on good days. I was trying to make too many turns to check my speed but in crud, the way to ride it is less turns and let your speed work for you. The speed makes it possible to turn in crud with less effort. I switched my focus and ran a movie of myself going as fast as I could down the hill and tapped out whatever fears I was having on the ride. Leg strength and conditioning was what was coming up which I never thought of when I was focused on the frustration. When I got to the top I felt relaxed and I decided to focus on riding straight lines and letting the board run at the speed the hill dictated. WOW – what a difference! Not only did I have a great run but my legs were less fatigued not more fatigued.

I started tapping on every lift ride up correcting mistakes I made on the last run. I visualized myself doing the same thing correctly then did the run again. My confidence soared and my skill level skyrocketed quickly.

What are you thinking about on your chairlift ride back up the mountain? Are you thinking at all? Do you go over and over what you’re doing wrong, seeing, feeling and experiencing the bad run over and over and hoping to do it better next time? Are you working on doing tricks and can’t seem to nail it, or

almost get it but just can't seem to get over the edge? Oh, and its taking too long and you can't take the hard hits much longer?

How about the person just learning and facing the daunting task of getting off the lift! OMG! That is one of the biggest fears of newbies. Snowboarders face an extra challenge because their equipment is half off to start with. OUT OF CONTROL ... OH NO!!!!!!!



FEAR = False Evidence Appearing Real, and IS REAL. It causes you to freeze up, tense up and fail at whatever you're doing. It's not that you can't, it's that you can't in that state.

Yes, your fear is real but you're allowing it to control your performance and trying to talk yourself out of it won't do it. Wouldn't you like to be able to improve on every run and have more fun as the day progresses? ALL IT TAKES IS THE RIGHT TOOLS AND SOME INSTRUCTION. I've worked with professional and Olympic athletes to total beginners and the results are always the same.

Should you want more information about my one-on-one coaching program, my contact information is below.

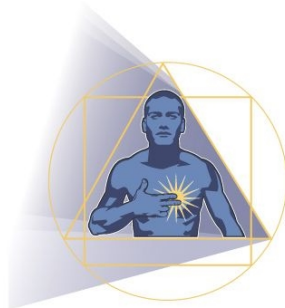


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