



MINDSET MONDAYS

PURPOSE To provide Gracious Champions in all athlete pools and their coach with the opportunity for guided mental performance training. Each session will focus on mental training activities that can be repeated in the home DTE. Topics and activities follow the traditional periodization calendar of training for high performance competitive events.

WHEN MINDSET MONDAYS will occur on the first and third Mondays of the month beginning February 6, 2023. Both sessions will be the same content. *Athletes and coaches are invited to drop in to the sessions.*

- First Monday of the Month: @12 pm Pacific Time Zone
- Third Monday of the Month: @ 3 pm Eastern Time Zone

WHERE MINDSET MONDAYS will occur on the ZOOM virtual platform

- First Monday of the Month: Registration Link
 - <https://us02web.zoom.us/join/zt0ldu6tqD4iHtPZNGWR9AOSLuPzifLYosBc>
- Third Monday of the Month: Registration Link
 - https://us02web.zoom.us/join/tZAld-ytrjMsGdWXa-2m_OosRj82FG-jYuon

THIS IS A FREE SERVICE TO ALL GRACIOUS CHAMPIONS

CALENDAR OF ACTIVITIES

MONTH	TOPIC
FEBRUARY	Honing Self-Confidence for Racing
MARCH	Powerful Competition Mindset Planning
APRIL	Strategies to Optimize Self-Talk
MAY	Images that Produce Powerful Performance
JUNE	Riding with an Agile Mindset
JULY	Finding and Being Present on the Bike
AUGUST	ONE SESSION WILL BE OFFERED (Date TBD; TOPIC: Managing Selection Process)
SEPTEMBER	Expectations and Commitment to Performance
OCTOBER	The Coach-Athlete Relationship
NOVEMBER	High Performance Habits (Connecting into GamePlan programming)
DECEMBER	Goals & Purpose for 2024
JANUARY	Optimizing this Training Season