

What is Rowing Mind Skills?

Rowing Mind Skills is a collection of audio tracks on CD made to enhance your mental preparation for rowing and help you focus on the important things for training and racing.

Rowing Mind Skills will help you to develop your mental skills for facing challenges, improving your technique, and learning to make the most of your energy, motivation and relaxation.

Rowing Mind Skills is designed for rowers at all levels including younger athletes, but is particularly beneficial for those wanting to compete at an elite level.

Why use Rowing Mind Skills?

To be successful in rowing there are five things that matter: technique, physiology, racing skills, mind skills and equipment. Mind skills are about preparing your mind to be fitter and stronger. All great athletes use their mental skills as well as their physical skills to train and compete. It is your opportunity to create things in your mind that are ideal for you.

One of the benefits of listening to Rowing Mind Skills is that you can change your self-talk - the things you say to yourself. When you use realistic, encouraging self-talk it can help you feel more motivated and upbeat.

How to use Rowing Mind Skills

The audio tracks of Rowing Mind Skills come in MP3 format and can be transferred to and played on your MP3 player (eg, iPod). See the instructions for your device for how to do this. You might like to listen to the whole of Rowing Mind Skills first to hear what's on it. Then listen to the combination of tracks that suit you. You may like to mix between the tracks of Rowing Mind Skills and your favourite music.

When and where to use Rowing Mind Skills

Listening to Rowing Mind Skills will be especially beneficial in the weeks and months leading up to big competitions. We don't recommend trying new things in the days before a big event. So, start listening to the tracks months before your target event to get used to the format and discover how you want to use the tracks. You might like to listen to the tracks right before and during a regatta as well. Some people will benefit from visualising their technique or improving energy levels, while others may want to lower their anxiety.

You can listen to Track 2, Facing Challenges and Track 3, Staying Energised and Motivated any time you have a quiet moment. Listen to Track 4 and 5, Prepare to Imagine and Visualising your Training, together in sequence while in a relaxing place and take time to close your eyes. Track 4, will help you to relax and focus, preparing you to get the most out of your visualisation. Track 5 follows on by allowing you to form a picture in your head of your ideal performance in training and racing. It can be applied to sweep, sculling, single or crew boats. Just connect the words to your situation.

Warning: Do not listen to these tracks while driving or operating machinery as you may find them too distracting or relaxing.

Feedback

We'd love to hear any feedback or comments you have about Rowing Mind Skills. Please email your feedback to info@sportsmindskills.com.