

Welcome to Sailing Mind Skills - high performance thinking for the racing sailor!

Being prepared and feeling confident and focused before the start of a race should be a high priority for any sailor. It's important to discover how to arrive at a state of mind that is best for your performance. That's where Sailing Mind Skills comes in.

What is Sailing Mind Skills?

Sailing Mind Skills is a collection of audio tools on CD made to enhance your mental preparation for sailing and help you focus on the important things for racing. It consists of a number of spoken tracks on various performance-enhancing topics. It features guided imagery on start preparation, mark rounding, perspective putting, sailing strategy, controlling arousal, relaxation, distraction control and focusing techniques.

Why use Sailing Mind Skills?

Extensive – wind shifts, steering, other boats, sail trim, waves, current, crew work, etc. You need to be able to stay calm mentally to carry out some heavy cognitive reckoning and continue trimming and steering with what mental power is left over.

Very few sailors put serious effort into developing their mental skills. Sailing Mind Skills is a convenient training tool to learn, develop and practise the mental skills of sailing.

Mental skills should be developed in tandem with the physical, technical and tactical skills of the sport. Therefore, try out the mental skills during training sessions as well as competitions to build your skills most effectively.

How to use Sailing Mind Skills

The audio tracks of Sailing 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 Sailing Mind Skills first to hear what's on it. Then, it's best to listen to the tracks in isolation when you think you need a little stimulation in that area. You may like to mix between the tracks of Sailing Mind Skills and your favourite music.

When and where to use Sailing Mind Skills

Listening to Sailing 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. Some people will benefit from technical or tactical imagery pre-competition, while others will like to lower their anxiety. Also, discover which time of day suits you best to listen to the tracks.

Often in the days before a major regatta you'll find yourself with a little extra time but nothing to do except twiddle your thumbs and be nervous. Sailing Mind Skills helps to fill in the gap by focusing you on the important things and moving you to a better level of arousal.

Regarding imagery - imagery may upset your sailing skills if your understanding of them is deficient. In fact, you may just reinforce bad habits. Before getting started, make sure your knowledge and basic skills are intact. If you have years of experience in your class, this should pose no difficulties.

Sailing Mind Skills is not designed for the beginner sailor. Intermediate level sailors can develop their appreciation of the performance of isolated skills by watching advanced sailors on video or live. These observations of proficient skills can then be used as a foundation for your imagery sessions.

Don't listen to these tracks in your car as you may find them too distracting or relaxing and you won't be able to concentrate fully. But make sure you take Sailing Mind Skills with you to major regattas!

Feedback

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

Contents of Sailing Mind Skills

	Track	Time	Description
1	The keys to racing	1:55	The key elements of successful sailboat racing.
2	Happiness room	3:08	The happiness room helps you relax and focus and is the ideal pre-cursor to listening to the imagery tracks. Imagery is all about seeing, feeling and practicing all the aspects of your performance without having to do it physically. Most Olympic athletes use imagery as a part of training for competition. You can repeat various techniques and imagine yourself responding well to different tactical situations. Short, quality imagery sessions are best.
3	Light wind imagery	13:00	In this track imagery takes you from the boat park to the first beat, along the way rehearsing your technique, routines, starting and trim to get in a great position up the first beat.
4	Strong wind imagery	9:38	As above but in strong winds which have their own demands.
5	Starting imagery	9:13	Now you can fully imagine the perfect start in your head without the pressure of actually being there.
6	Tacking imagery	3:04	Rehearse this core manoeuvre in your mind many times.
7	Mark rounding principles	1:07	The basics of mark rounding.
8	Tools to increase your arousal	4:07	Sometimes we might feel a bit flat and need some way of increasing our arousal to get the most out of a training session, work or the day in general.
9	Putting competitive anxiety in its place	3:21	Often the perceived importance of a big event makes us too aroused and even anxious. This track can help you keep things in perspective.
10	Fill your mind with what matters	3:44	A mind which is full of things related only to you performing your best has no room for anything else.
11	Distraction control	5:21	Choose how to react to distractions.
12	Major competitions	3:32	The elements for success at big events.
13	A quick race	2:54	A summary of the parts of a race – complete a race in less than two minutes!
14	Do's and Don'ts	1:32	Strategical and tactical principles for everyone.
15	Relaxation & energy	8:29	A relaxing and refreshing piece of guided imagery. A great tool to help unload yourself of stress and anxiety.