



INSPIRING SKIERS FOR LIFE

JANUARY EVENTS

**JANUARY 5 -6 - WHISTLER:
U12 Rio Tinto Skills Event
and Janyk Cup**

**JANUARY 13-14 - WHISTLER:
U14 Teck Coast Zone Race**

**JANUARY 28 - MT.
SEYMOUR: U10 GS**

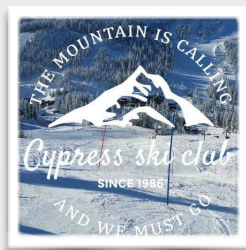
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LATEST NEWS

Whistler Rio Tinto U12 Skills Event and Janyk Cup

Our U12 athletes had an excellent beginning to the race season in Whistler. WMSC has held the Nancy Greene Ski League Festival U12 race for years, this year the event included the inaugural Janyk Cup, following late Coun. Andrée Janyk's passing last year. The event celebrates the many contributions she and her family have made to the sport of ski racing, both in Whistler and around the world. Our U12's put in a great effort with many placing top ten in the skills event and Erica Zander placing 4th overall and Ihsan Salari 7th overall in the Janyk Cup! See our Bulletin Board for race results. A big thanks to our Cypress Parents for volunteering!

ALL HANDS ON DECK!

Hosting The U14 Teck Race on Cypress Mountain

Let us show our Cypress Mountain hospitality and team spirit! Please volunteer on March 3rd and 4th to make this a fantastic event!

Each family is encouraged to have at least one parent volunteer for this race and take the [Level One Officials Course](#) (details coming). We will be having a practice race Feb. 1st to hone your skills! Please also volunteer at Whistler and Grouse events this year as we will need their help for our race.

Our club is run by volunteers and many hands make light work. Our goal is to have a committee for each task listed on SignUp.com so it's more fun and easier on everyone. <http://signup.com/go/bMStRgC>



CSC SOCIAL
@ Capilano Rugby Club
 on
FEB. 23rd

Cypress Ski Club success depends on standing tall on three legs: Athletes, Parents and Coaches.

Our coming Social is a great opportunity to get to know coaches, other parents and board members.

Your attendance is an important contribution to the club - stay tuned for more details!

Hope to see you there!!

Saludos,
 Raul Anguita



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Goal Setting

Goal setting is an integral part of moving through life in a fulfilling manner. It provides a focus that channels our energies; it helps us to maintain our perseverance, and allows us to enjoy the ride while striving for our goal. In skiing, this life skill is developed from an early age, as it is essential in guiding a skiing development, and eventually, a skiing career.

Alpine ski racing is tough. We are outside in the winter, in weather conditions that can get very nasty. Our playing field is ever changing. Snow quality is never the same, settings depend on the coach. We need good equipment that has to be constantly maintained, and then a difference of 1/100th of a second determines being first or second in a race. So goal setting is very important, it increases motivation.

To set goals, it is advisable to follow some guidelines:

1. Long term goals: these are goals that specify what the athlete wants to achieve in his career, like receiving a college scholarship and/or racing in the world cup circuit. These are what we can call dreams, and they are kept in the back of the athlete's mind. But they are the most powerful driving force, even though the focus in them is sporadic.
2. Seasonal goals: these goals are essential to steer the competition period. Examples are to attain a certain ranking or points level, or break into a more competitive environment.
3. Competitive goals are those set for certain competitions that will allow the racer to qualify for events, or be named to a team. These goals are important as they permit to achieve the seasonal goals.
4. Training goals are the ones set to achieve the competitive goals, by working physical, mental and technical abilities.
5. Lifestyle goals are those set to improve the athlete's general lifestyle to achieve all of the above goals.

Finally, goals must be challenging, but attainable. They should be only reachable by hard work. They should be time-limited and measurable. It is important to always consider the possibility of attaining a degree of the goal, rather than absolute attainment. There will always be improvement towards a goal through sustained and hard work. There is really no end in the process of goal setting, as they are constantly revised and new ones have to be set, once the previous ones are achieved.

Raul Anguita (Program Director)