

2. MENTAL PREPARATION

What is it ? Whom will it benefit ? Why ?

It carries 2 main objectives which are not exclusive

FIRST OBJECTIVE:

AIMED AT REACHING:

- _ 1 / Peak Performance Point at the right time (i.e. the relevant day, or relevant days for aerobatics since there are 4 or more programmes).
- _ 2 / Reach a high level of control on most aspects of training and competition.
- _ 3 / Speed up the progression curve, optimising the operation of your brain.
- _ 4 / Increase aptitude to face the most puzzling aspects of training / competition.
- _ 5 / Enhance your potential so as to be able to reach the best results under prevailing conditions.
- _ 6 / Uphold / develop one's motivation for our activity and competition.



Vocabulary we will use during those videos:

- What is the difference between EXCELLENCE and PERFECTION?
 - PERFECTION is unattainable and generates frustration and disappointment
 - EXCELLENCE: doing the outmost given variable such as training possibilities, context, personal history.

SECOND OBJECTIVE:

TO RECEDE FROM :

- _ 1 / Results not matching forecasts.
- _ 2 / Non-linear "sawtooth" progress.
- _ 3 / Fluctuating motivation.
- _ 4 / Discomfort during training/competitions (sleepiness, mood, nausea, tremor, spasms, stomach ache and the like).

_ 5 / Inability to lose and/or win.

_ 6 / Tendency to decry or blame such factors as wind, draw selection, trainer, in order to escape responsibilities for the outcome after acknowledging the rules of the game or just admit that we could have done better.

_ 7 / Inability to acknowledge our flaws, being them technical or arising from our personality (like saying mental preparation does not do any good to me).

In summary, we are going to define objectives by clarifying their nature; Set up a training programme just like we do for technical issues. Address the task well in advance with regular sessions so as forge the essential basis that will make us autonomous.



We will tackle how to manage stress.

- Relaxation, visualisation, mental repetition, enhancement of our expected task outcome.
- Briefing, debriefing, routine practice before and after flight, ground rehearsal in the box.

This approach originates from NLP (Neuro Linguistic Programming) a method of strategical models based on excellence known to “Winners”, in sports, politics, business and art.

“ MENTAL PREPARATION”

is meant for those who want to go towards/recede from!

A first contact should be made with a coach to find out if there is a “feeling” making the whole process to come likely to succeed. First task will be to get out of that “COMFORT ZONE” not an easy task but a fundamental one.

After this first contact, a program will be set up, defining sittings / training sessions. You will both commit to a strategy and content which are to be kept strictly confidential.

NOTA BENE: These sessions can be made remotely over the phone or computer

And remind you to look at the website [Academy Of Aerobatics](#)

Thanks for watching 😊



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