Hello Team!

Welcome home, and I hope you all had a safe trip back.

First of all I just want to say congratulations to all of you, and thank you all for coming out last week and competing. It takes courage to put yourself out there, it takes effort to get there, and it takes dedication and the willingness to sometimes sacrifice other things to do what we love to do. So, I just want to acknowledge your effort, and your desire to grow and improve. I’m very fortunate and thankful to be a part of your journey, and for you to be a part of mine in this sport.

Over the course of our week in Sun Peaks we had a bit of everything. The weather was crazy, and we had to adapt our plan, and our expectations almost daily. I saw a lot of emotion: Joy, tears, frustration, determination, relief, etc. It’s all a part of what we do and if we take the time we can learn from all of it.

You are all still at the very early stages of your skiing lives, and there really isn’t a finish line. We can commit to grow, and improve, and to continue to strive to be better. Every athlete will have ups and downs along the way, so enjoy the triumphs, recognize them when you are in them; and learn from the challenges and disappointments.

I hope you all take a little time now that you are home, to reflect on the week. Check in with your goals, and your action plan. Are you on track? Is there a different outcome you would like? If so is there something you can focus on, or something we can help you with?

I have put together a little reflection exercise which I will include with this email. I encourage you to use it after every race as a means of checking in with your goals, and to identify where you may want to focus more attention moving forward.

I just want to let you all know again, that across the board I saw some amazing stuff over the past week. I saw some great skiing, some amazing improvements, and a lot of effort and desire to do your best. Try to recognize that even if a run/race did not go entirely the way you had planned, there were almost always runs, and sections that really showed a ton of improvement and potential.

I’m so happy to be part of this team,

Sandy.