

MENTAL AND PHYSICAL HEALTH



Fédération Suisse de Ski nautique et Wake
Federazione Svizzera di Sci nautico e Wake
Schweizerischer Wasserski und Wake Verband
Federaziun Svizra da Ski nautic e Wake



Swiss Waterski & Wake

people on the water since 1947



The Champion's Mindset

- The mind is just as important as technique.

" You become a champion through what you feel, not only through what you do".

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Abdominal Breathing & Dynamic Relaxation

- Breathe in deeply through your nose
- Let your belly expand
- Exhale slowly and release tension

Breathing calms, stabilizes, and prepares you for performance.

Music and Focus

- Calming music helps you relax
- Rhythmic music boosts motivation
- Choose sounds that inspire focus and confidence

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Visualization & Positive Imagery

- Imagine perfect sensations: glide, speed, fluidity
- Visualize your ideal run
- Mentally simulate technical movements

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Sophrology & Dynamic Relaxation

- Combination of breathing techniques
- Body awareness
- Positive visualization

Motivation, Dreams & Goals

- Have a vision and a dream
- Set goals aligned with your values
- Be motivated, not only ambitious
- Keep a journal

Managing Stress & Pressure

- Stress is natural
- A little pressure can enhance performance
- Breathe, refocus, and control your attention

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Coping with the Unexpected

- Weather changes
- Delays
- Equipment issues

- Stay calm, adapt, and keep going.

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Sleeping Well Before Competition

- Sleep consolidates mental preparation
- Visualize success before falling asleep

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Becoming a Champion

- Serenity
- Motivation
- Vision
- Confidence

“A champion is born from the harmony between body, mind, and emotions.”

Questions & Discussion

