

# GAME ON!

## In this issue...

- *Athletes to watch for in the 2008 Beijing Summer Olympics*
- *Destinations and details.*
- *Lessons from summer camp.*

*"A lifetime of training for just ten seconds."*

-Jesse Owens, Winner of four Gold Medals in Track and Field during the 1936 Olympics

*Master your mental game & take control of your performance*

## "CITIUS, ALTIUS, FORTIUS"

As we watch athletes coming together from all parts of the world for the opening ceremonies, to the final medal tally of triumphs and defeats, what is it about the Olympic Games that draws us in?

The Olympics not only bring us stories of inspirational athletes, but of inspiration people. We imagine that the Olympians coming together to compete are warriors going to battle to

answer the question "What am I made of?"



As the Olympic motto says: citius, altius, fortius – faster, higher, stronger. Their sacrifice, perseverance, and drive are often far beyond

what many of us could imagine. However, as I come back from another week of working at camp (see column!) I am reminded once again that we are all warriors fighting our own battles whether your battle is how to balance life and sport, finding the courage to sign up for your first triathlon, or believing in your ability to reach the next level of competition. We watch the Olympics

*Story continued page 2*

## DREAM BIG, THINK SMALL

Each Olympian that makes it to Beijing this summer had a dream to get to the Olympics, but it was the 1,459 days of blood, sweat, and tears before the opening ceremony that got them there. Olympic athletes know how to dream big and think small; they dream big and see themselves performing at the highest levels, and think small focusing in on the details needed to make the dream a reality.

### **How to Dream Big**

When you dream big you create a vision for yourself

of where you want to go. It's like going on a road trip; your dream is your destination. Oftentimes we hold ourselves back because we have a difficult time believing in the *possibility*. We limit ourselves and define ourselves by *who we think we're not*. Expand your *vision* of what is possible and then put yourself in that picture.

### **How to Think Small**

Your destination is set and now you need a map detailing the best way to get there. The map helps you think small and see all

of the cities you will need to drive through before you get to your destination. Your map is what helps turn your dream into a reality.

There are many incredibly talented athletes that worked just as hard as their competitors and didn't make it to the Olympics this year. Big dreams take big risks. Sometimes the reward is not reaching the destination, but knowing that you didn't let fear limit you and hold you back from taking the first step on an amazing journey.

## Lessons from Camp

Aaaa, summer camp. I never got to go as a kid, but for the past three years I have been privileged to be a part of Diabetes Training Camp. Here are the valuable lessons I brought home with me:

### Go with the flow

Things do not always go as planned and the quicker you adjust, the quicker you get back to having fun!

### Ask for support

Yes, *it does* take a village. Stop trying to be a martyr. Asking for support does not mean that you *failed* to do it on your own; it means you're smart enough to know that you don't have to do it alone!

### We are all warriors and we are all heroes

Sure, if I compare myself to an Olympian, I might think I haven't accomplished all that much, but no accomplishment is too small! Remember to give yourself props for all you have done and chances are it's a lot more than you give yourself credit for.

## "CITIUS, ALTIUS, FORTIUS", CON'T

and are united through our common struggles, the desire to be better, and the feeling of intense joy and disappointment that comes with it. Here are some interesting and inspirational stories to watch for in the 2008 Beijing Summer Olympics:

### The Lopez Family

The Lopez Family, nicknamed "The First Family of Taekwondo", has been competing together since they were kids. Steven Lopez is the most decorated athlete in taekwondo. Among his many achievements, he won gold medals in the 2000 and 2004 Olympics. This year he is joined by his two younger siblings, Mark and Diana, who recently qualified for the 2008 Olympic team. To top it off, the three siblings are coached by their fourth sibling and eldest brother, Jean Lopez!

### Natalie du Toit

Natalie du Toit hails from South Africa and will be competing in the 10km open water swim. It has been her dream to compete in the Olympics

since she was 6 years old. In 2001 she was hit by a car resulting in the amputation of her left leg. This year she is making history by becoming the 1<sup>st</sup> athlete in history to be selected to compete in both the Olympics and Paralympics.



### Taylor Phinney

Taylor Phinney will be racing the individual pursuit in track cycling. Cycling is in his blood. His father, Davis Phinney, was a pro cyclist and the 1<sup>st</sup> American to win a stage at the Tour de France. His mother, Connie Carpenter, was the 1<sup>st</sup> woman to win an Olympic gold medal in cycling. Taylor's father has been battling Parkinson's disease and recently underwent surgery. The day his

father had surgery and discovered the surgery had been a success, was the same day that Taylor got the official results confirming that he was headed to the 2008 Olympics.

*Other Olympic notables:*

### U.S. Women's Field Hockey

The last time U.S. Women's Field Hockey had a team at the Olympics was in 1996. This year is the 1<sup>st</sup> time in 20 years that the U.S. women's team has qualified for the Olympic Games.

### Softball & Baseball

1996 was the 1<sup>st</sup> Olympic Games to see the sport of softball and 2008 might be its last. Softball and baseball were officially eliminated from the 2012 games and are the 1<sup>st</sup> sports to be eliminated from the games in 70 years.

To find out when your favorites will be competing check out <http://en.beijing2008.cn/cp/venues/schedule/>

Carrie Cheadle, M.A.  
(707) 338-0854

[performingedge@mindspring.com](mailto:performingedge@mindspring.com)  
[www.carriecheadle.com](http://www.carriecheadle.com)