



MX Pre-Season Preparation Program

This 3-Month intensive program is delivered through live video conferencing and live participant coaching interactions. 12-live coaching sessions with preparation study and assignments as students build each phase of their own championship race program for 2020.

Intention: Give direct access to the source of high-performance and breakthrough results to racers, parents, coaches, trainers, mechanics and team managers. Through live coaching interactions, participants will uncover for themselves their unseen constraints and limits as they create each phase of their own Championship Level Motocross Program.

Promise: Each participant will discover what will make the difference in their training and development while designing a championship level motocross program and realize breakthrough results in 2020.

Live Video Conferencing: **This is not an on-line study course.** It is live interactive coaching sessions on video conference in which all participants will be seen by the Coaches and all the other participants. Next best thing to being in a live seminar training.

Group Format: You will be working with other participants with similar goals and dealing with similar concerns. This group format of ontological coaching interactions allows for discovery that goes far beyond mere information and understanding. Leaving participants in action on what they are truly committed to.

Coaches: Joe DeGano of [MX Coach](#) and Scoob Lanzendorfer of [Dirt Soldiers Motocross](#) will be delivering this program together. Delivering over four decades of coaching and motocross expertise.

Program Syllabus

Session #1: The Context is Decisive – Our Coaching approach. Distinguishing coaching as distinct from instructing and training. Creating the context for the work we will be doing. Inquiry: What do you really want in your racing if anything were possible? Coming face-to-face with the constraints of your current worldview.

Session #2: Integrity – The missing factor of production and workability. The source of most of the messes in your life and racing program and what diminishes or expands your opportunity for performance.

Session #3: Parenting and Motocross – Parents have a unique challenge in this sport of bearing multiple roles and being able to recognize which role to be now in this current situation. We will confront the most difficult role for many parents that is - being a spectator. Deep dive into contexts of a child's External and Internal Locus of control and creating an environment in which being a champion and high-performance arises.

Session #4: The Talent Myth – What's obvious yet missing in motocross training and development. We take a look at mainstream sports, neurosciences and sport fundamentals to get direct access to the science of championship proven and ancient methods in developing skill.

Session #5: Vision - As in developing your field of vision. It's a matter of brain science of how your brain works based on what it sees and how what it sees occurs (shows up for you). After becoming competent in the fundamentals, developing your field of vision is the single most effective way to mastery in motocross and speed. Expect quantum leaps in ability and lowering lap times.

Session #6: The Mysterious World of Mental Training and Development – In which everyone is talking about and few even know what it is, and even fewer practice it. You will hear people talk about positive thinking, disciplining and controlling your mind, focusing and visualization. We are going to take a completely different approach by uncovering your Perceptual Constraints of how you see yourself, others, and the world. Your subjective worldview (personal beliefs, perceptions, interpretations) which you hold as factual, real and the way-it-is is at the source (root) of what is possible and not possible for you and your life.

Session #7: Being a Champion is Not About Speed – How do I go faster Integrity, – Responsibility (being cause in the matter), Authenticity, Being up to something bigger than oneself. This is the development of a champion/leader.

Session #8: Motocross is a Team Sport – It may look like a single sport from the outside. However, Teams win championships not racers. We look newly at this powerful construct of Team and confront that you have no idea of what it is to be team. Allowing for a created context that is bigger than oneself and therefore more powerful for all.

Session #9: Injuries and Motocross – Are injuries in motocross unavoidable? We will explore this delicate subject by looking at some of the Greats in motocross that had virtually injury free racing careers while others have careers full of injuries. Is it just bad luck or maybe there are other factors at play?

Session #10: Athletic Training for Motocross – “Sasquatch Training” is when everyone has heard you talking about training, but few have ever actually seen you train! A championship training program that you buy will not make a champion and worse yet will not get you in the fitness level you need to perform. One must bring the being and actions of a champion to the program. This is where coaching makes the difference in having you see that you do not do what you say you will do, and you do not do it the way it was meant to be done. And that is not the being and actions of a champion.

Session #11: Sports Nutrition – If your American there's a good chance you were brought up eating only yellow food (chicken nuggets, macaroni & cheese and Capt'n Crunch cereal) and don't drink plain water. You gotta grow-up to fuel your body for performance! Your eating is a habit and it is a family habit, conversation and viewpoint about food. This will require leadership on your part to transform your relationship to food and your family's participation or at least their support.

Session #12: Train as a Champion Race as a Champion – The ability to perform at your best when it counts on race-day. Here we deal with “pressure” and instead of trying to diminish it or avoid it we will lean straight into it. Developing yourself daily to face the reality of racing (winning even when it looks impossible) and being unstoppable in the face of any circumstance or situation to perform at your best and beyond.

Completion Session: The Master's (Champions) Game – Is to race, to bring oneself fully to racing, to love the game of racing and one's joy and satisfaction come from racing itself. A Master becomes the game and pours oneself into the game by crafting one's skill over and over and over until they become the game itself. Winning the game loses its significance as does not winning.