



SPOTTER TIPS

VIDEO 4: PERFORMANCE VS. RESULTS

SPOTTER TIP: 3:45 Keep a good mindset and stay focused to overcome bad situations.

- ⇒ Keeping your mind on track is just as important as your driving ability.
- ⇒ Your brain and your body must work together for best results.

SPOTTER TIP: 5:20 Championships are built from the inside out.

- ⇒ How you handle negative things that happen can make you or break you.
- ⇒ Learn from your losses and keep yourself under control.
- ⇒ How do you handle adversity? Your mental mindset is KEY.
- ⇒ Never let your emotions control you; keep your objectivity at all times.

SPOTTER TIP: 7:12 Good resource: Ross Bentley's Speed Secrets books

- ⇒ Book 3 deals with mental strategy.
 - Your brain is like a computer. It must be programmed properly to work effectively.
 - The sooner you program your brain, the quicker you will see success.

SPOTTER TIP: 8:30 Develop proper temperament and mindset.

SPOTTER TIP: 9:43 Staying calm and cool under pressure: a trait that defines champions.

- ⇒ Just look at some of the giants in racing and you will see evidence of this.

SPOTTER TIP: 11:03 Stage 1 of Learning: Unconscious Incompetence

- ⇒ You don't know how to do it so you're not good at it.

SPOTTER TIP: 11:22 Stage 2 of Learning: Conscious Incompetence

⇒ You've seen what to do, but you still can't quite do it.

SPOTTER TIP: 11:30 Stage 3 of Learning: Conscious Competence

⇒ You can do it now but ONLY if you focus on it. It doesn't yet come naturally to you.

SPOTTER TIP: 11:45 Stage 4 of Learning: Unconscious Competence.

⇒ You can do it without even thinking about it!

SPOTTER TIP: 13:20 You're driving on pre-programmed knowledge BUT you must remain aware.

- ⇒ Even though you now have the knowledge needed, every race is different so you must pay attention to all the variables of your driving, your car, the track and the other drivers.
- ⇒ The more you race at a specific track, the higher your competence level gets at that track.

SPOTTER TIP: 15:45 There are things you must do to prepare you to move up from one series to another.

- ⇒ Use your time at the track to study and learn from those who are in a higher class than yours.
- ⇒ Find a buddy who is racing in the next series up and learn from him. Ask questions and listen.

SPOTTER TIP: 17:30 The track has a specific line or lines.

- ⇒ Don't come in with a preconceived notion of holding a specific line. Instead pay attention to what the track is telling you.

SPOTTER TIP: 17:42 Develop the ability to listen to the car.

- ⇒ Every track is different and to be successful you must drive your car the way it needs to be driven for that track.
- ⇒ You can't make the track match your style. You must learn when to finesse, when to go fast, etc.

SPOTTER TIP: 19:14 Perfect practice makes perfect.

- ⇒ Work just as hard in practice sessions as you do when driving the race.
- ⇒ At the track, learn the line and learn the techniques that will help you build speed naturally.