

# Chandra Crawford Update July 2006



(Canada Day in Ottawa, meeting Stephen Harper and having a dance party)

**“Recognize that in the midst of radical transformations, the self remains stable.”**

**-Unknown**

It is taking forever to get my energy back and get ready to train! This spring I've been busy trying to relax. The previous sentence probably also explains why it hasn't been working (key word: “trying”). You see, dear sponsors, the human body demands a certain amount of downtime after the season to absorb the training and recover from the stresses of 6 months of training as hard as possible, followed by 5 months of travel and racing. Usually this takes me 4-6 weeks, during which I trade in the pressure and discipline for time on a beach or in the mountains with family and friends.

This year I've been completely overwhelmed by the excitement all around me since the Olympics, the fatigue from my season, and a sense of “I won! Now what am I supposed to do?” After the training camp in Truckee I got sick for two weeks, and then flew all over the country to attend an amazing party with my team and our sponsor, Haywood Securities, in Vancouver, and then to Ottawa to be in the Canada Day “show” on Parliament Hill.

I am fortunate that no matter how sick, injured, or stressed out I get, at the end of the day I know what I want and where my support lies. I am most satisfied when



I'm completely absorbed in the process of becoming a better ski racer, and I know that my parents, my coach Eric De Nys, and my boyfriend Devon Kershaw will all be there with me as I tackle the challenges. Currently I'm relying on this network to bounce ideas off as I move through some stages that could be called "Coming Back From a Burn-out." I'll write an update about this as soon as I figure it out.

Rather than rely on things that are uncertain in my future (i.e. how long will it take to get in shape after 3 months of barely training?) or the negatives (i.e. My knee injuries' 1-year anniversary), I'm focusing on the guaranteed positives as much as possible.

At my core is an unwavering commitment to get back into training shape. My knee injury needs to be put into perspective, in that it's not the end of the world, and I need to throw myself into a more aggressive physio plan.

It takes five weeks of brutal workouts for my body and mind to get back into training mode. A lot of things are outta whack, but the core is unchanging.

I know that for the next four years I am going to be completely dedicated to ski racing. I'm going to surmount every obstacle with confidence, with the aspiration of being completely prepared to rock the sprint race when the world comes to Vancouver in 2010.

(Vancouver: dressed up for the gala party with the team's #1 sponsor: Haywood Securities)