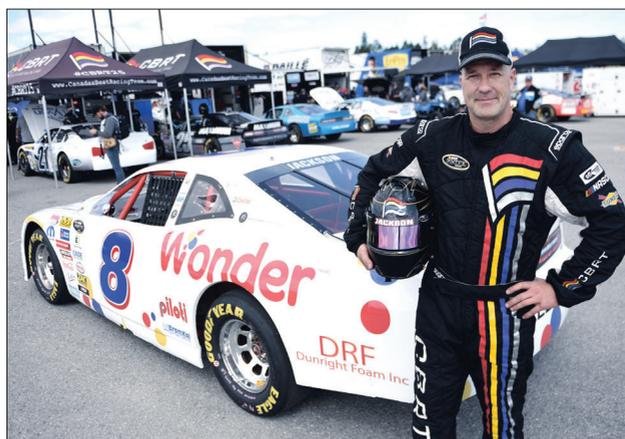


A labour of love

BOWMANVILLE -- The annual Chevrolet Silverado 250 event rolled in and out of the Canadian Tire Motorsport Park over Labour Day weekend, highlighted by the only Canadian stop for the NASCAR Camping World Truck Series. Among the sights on a busy Saturday were, clockwise from above: crew members working on Grant Enfinger's truck during practice sessions in advance of Sunday's big race; NASCAR Pinty's Series driver Larry Jackson with his Wonder-wrapped car, reminiscent of the legendary car driven by Ricky Bobby in Talladega Nights; Bob Attrell taking to the track for the second race in the Canadian Touring Championship; Cars making their way around the track in the Canadian Touring Championship, which was dominated by Attrell, winning all three weekend races; Crew members getting fuel and tires ready for the NASCAR Camping World Truck Series race. Sunday's feature race was won in dramatic and controversial fashion by Austin Cindric, who pushed his No. 19 Brad Keselowski Racing Ford into the back of Kaz Grala's No. 33 GMS Racing Chevrolet and then passed to claim his first victory of the year and punch his ticket to the playoffs.

Photos by Ryan Pfeiffer / Metroland



Dr. Douglas Smith
Guest columnist

What prevents you from achieving your optimal potential?

Do you ever feel like you are wasting your time playing and training?

Do you sometimes think you are not good enough or too old or too young to be a champion or an elite athlete?

Do you have doubts, fears and insecurities about your abilities?

The fact is all great athletes have suffered from these debilitating thoughts and feelings.

Chances are you have the physical skills and ability to be an elite athlete, but lack the motivation and have a fear of failure or are depressed, or burdened with false beliefs about yourself.

We see this situation over and over with pro and elite athletes. They come in tired, exhausted and burned out from focusing all their energy and time on a sport that no longer gives them pleasure.

Many of these athletes started at age four or five and put in 20 to 30 hours a week for eight to 10 years. That's a total of 10,000 to 15,000 hours.

Putting all their eggs in one basket and not seeing a decent return is demoralizing and demotivating.

When athletes feel mentally and emotionally broken they need to shift their paradigm to one that gives them more belief and trust that good things will happen sooner rather than later.

Athletes need to learn to change their thoughts and feelings from 'poor me' to 'why not me?' It's easy to get down on yourself when things are not going your way, but the mark of a champion is to accept fear and failure as a necessary stepping-stone to improvement.

Failure has the power to make us stronger and wiser if we can harness the lessons and learn what works for us and what doesn't. If we realize that success takes time, patience and mental toughness, then we can continue to build a strong belief in our ability to overcome all obstacles and setbacks.

If hundreds of famous athletes like Connor McDavid and Clara Hughes can conquer their demons with psychological training, so can you.

Why wait until you are broken? Do yourself a favour and make it happen now.

Dr. Douglas Smith is a licensed psychologist in Ontario specializing in sport psychology since 1985. Contact him at 905-430-3538 or drdoug@promind.ca; website www.promind.ca