



# NJMP Lightning



NNJR “Trackside Classroom”  
***Focus on Learning, But Fact Check***  
*October 6, 2020*



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## **Disclaimer**

*The techniques shown here have been compiled from experienced sources believed to be reliable and to represent the best current opinions on driving on track. But they are advisory only. Driving at speed at NJMP Lightning, or any other track, requires skill, judgment and experience. These techniques assume the reader has high performance driving knowledge and applies them as applicable to their level of driving experience.*

*High-performance driving can be very dangerous, carries inherent risks and may result in injury or death. NNJR and PCA make no warranty, guarantee or representations as to the absolute correctness or sufficiency of any representation contained herein. Nor can it be assumed that all acceptable safety measures are contained herein or that other or additional measures may not be required under particular or exceptional conditions or circumstances.*



## Focus on Learning, but Fact Check



- How to “Learn” on Track: the Basics
  - Focus
  - Preparation
  - Learn
  - Deliberate Practice
- Fact Check: 6 Proven Ways to Learn on Track
  1. Why?
  2. Progress Measurement
  3. Gap Analysis
  4. Better track notes and debrief
  5. Coaching (self and other)
  6. Flow
- Q&A



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- Decide to learn (improve)
- Prioritize
  - New track: learn the track
  - Familiar track: 1 or 2 corners / 1 or 2 techniques
- Set one or more goals
  - No more than two per session

# NNJR Focus: Fact Check



- Books
- Ross Bentley
  - Many sources: books, videos, Speed Secrets Weekly, etc.
- Learning theory
  - e.g. “Growth Mindset”



- Pre-Event
  - Mental programming (visualization)
    - Picture perfect execution
  - Review your video / data, if available.
    - Write down good examples plus areas to improve
    - No video? Use NNJR website
  - Write down goals, prepare debrief sheets
- Pre-Run
  - Review goal(s) for this run
  - Mental programming (visualization)
    - Picture perfect execution





## Prepare: Fact Check



- Ross Bentley (again)
  - Lots of studies highlight value of mental imagery
  - Done properly, improves focus on “perfect practice”
- Psychology and brain operation
  - “Influence”, book by Robert Cialdini, “People live up to what they write down.”
  - Writing goal down gives you something to measure against
  - More important: it “encodes” the goal in the brain
    - Increases priority, ability to remember



- On track
  - Be hyper-aware of how the car is responding to your area of focus
- Debrief Immediately After
  - Write down what you saw, heard, felt
    - Before lap times, data, video, socializing
  - Write down goal(s) for next session



# NNJR Deliberate Practice\*



- Re-learn the Track
  - Reference Points
  - Track Surface
  - Safety features
- Re-learn the Car
  - Brake Application
  - Brake Release
  - Throttle
  - Steering
- Re-learn the Traffic
  - Mirrors
  - What Would I Do If?
- Sensory Input
  - Vision
  - Kinesthetics
  - Hearing

\* **How you practice is more important than *amount***

Do it in a focused way,  
With clear goals,  
Plan for reaching goals, and  
A way to monitor your progress

*Sources: Ross Bentley, Speed Secrets Weekly 322 and 370; Talent is Overrated by Geoff Colvin, and Peak. Secrets from the New Science of Expertise by Anders Ericsson and Robert Pool*



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- You can't learn if any of these apply to you
  - “What did I forget?”
  - “I’m just not that good”
  - “I’m confused. Is the problem me or the car”
  - “I’m angry”
  - “I’m tired”
  - “I’m going to be perfect this time”
  - “I’m scared”
- Solution
  - Recognize negative thought.
  - Discard and replace with helpful thoughts.

*Adapted from Speed Secrets Weekly 355*  
- *Jim Kearny*

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## Reminder: Safe Learning



- Make incremental improvements in small steps, backed by larger goals and a plan of action – then repeat, repeat again, and again.

*“It is not always possible to be the best, but it is always possible to improve your performance – gentle, smooth and progressive.”*

Sir Jackie Stewart



# NNJR 1. Why?



- Why do you drive a particular line?
- Why are you focused on braking later?
- Why did the car understeer in Turn 7?
- Why did Bill tell you to brake lighter, not later?
- If data says get to gas sooner in Turn 7, why aren't you?
- Why matters!
- Why?
- Without understanding Why to do/try something, the consequences can get ugly.
- Every time someone (even an “expert”) tells you what to do, ask Why...Why?
- Don't move on until you understand Why.

*From Speed Secrets Weekly 296*



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# How to Get Better at Why?



- Explain to others what you are doing!
  - Makes you think and re-analyze your own knowledge and assumptions.
  - Distilling complicated topics down to simple terms is hard to do
- By explaining, you're burning content into your brain and getting better

Albert Einstein:

- Original: "All physical theories, their mathematical expressions apart, ought to lend themselves to so simple a description that even a child could understand them."
- Later: "If you can't explain it simply, you don't understand it well enough"

*From Speed Secrets Weekly 358*



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## 2. Progress Measurement



- “What gets measured, gets managed.”
  - And improved.
- Not just lap times but how were they achieved?
  - Easy, hard? Where faster/slower? More/less brake?
  - Answer these questions before data analysis
- Valuable Tool: 1 to 10 self-ratings
  - Overall performance, smoothness, level of calmness
  - Set rating related to goals: braking, references, etc.
  - Brings awareness, leads to improvement

*From Speed Secrets Weekly 324*



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- What should be your goal/target?
- “Mastery”
  - A perfect lap (for you)
- Gap Analysis
  - Gap between where you are now and perfection
  - Identify and focus on that gap
  - Then develop a plan to address and reduce that gap.

*"Any problems that may occur have ultimately been caused by you, because you are responsible for where you are and what you are doing there."*

- Garth Stein, The Art of Racing in the Rain

*From Speed Secrets Weekly 367*



## 4. How to Take Better Notes



- Ross Bentley Video: **The Why and What of Track Map Notes**
  - <https://youtu.be/qhU8LZHrSs>
- Details on 3 topics
  - References
  - Driving Technique
  - Car Related









### 5-Step Checklist For Great Driver Debriefs

1. Debrief Immediately
2. Use a Track Map
3. Structure Your Debrief
4. Add precision with 1 to 5 scales
5. Add Depth by using corner phases

*From Speed Secrets Weekly 368  
- Samir Abid*

Maximise This One



Your DATA sources



Fastest

Speed & Ease of Access

Slowest







## 4. Better Debrief

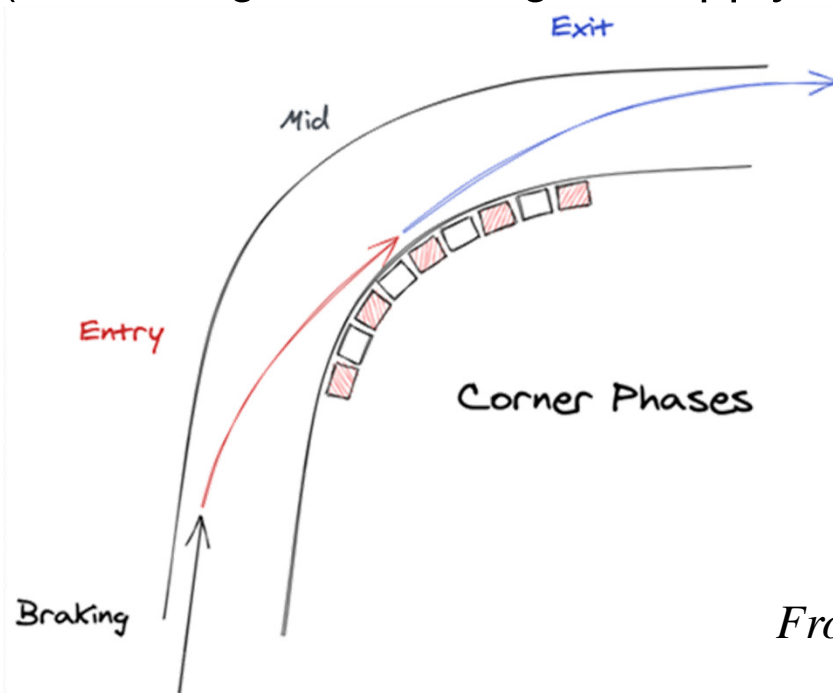


- Structure Debrief
  1. Highlight one area to improve
  2. Establish standard set of topics: e.g.
    - Reference points
    - Braking
    - Gear selection
    - Etc.
  3. Make notes for whole lap on topic 1, then 2, etc.
  4. Use same sequence for each debrief
- Add Precision with 1 to 5 Scales
  - Turning, Brake Release, under/oversteer, etc.

*From Speed Secrets Weekly 368  
- Samir Abid*



- Add Depth with Corner Phases
  - Braking Stability (in a straight-line)
  - Corner Entry (driver starts steering and bleeding off brakes)
  - Mid-corner (most steering, no brake or throttle)
  - Corner Exit (unwinding the steering and applying throttle until at maximum)



*From Speed Secrets Weekly 368  
- Samir Abid*

# NNJR 5. Coaching



- Self Coaching
  - Ross Bentley Resources: <https://speedsecrets.com/self-coaching-webinar-notes/>
    - Self-coaching questions
    - Coaching plan templates
    - Debrief form
    - If all else fails
- Use instructors, chiefs
  - Ask specific questions
- Arguments for a coach
  - Inexpensive vs. tires, brakes, track time, etc.
  - Faster way to learn/improve
  - Can help interpret data and video
  - Need compatible personalities





## 6. Flow (“In the Zone”)



- Flow: an optimal balance of challenge and skill
  - Going really well without effort
  - Tuned in - I found the groove
  - Floating in a different world
  - Super-alive and in control
- Note: flow is relative to our individual skills, so comparison to others has very limited value.
- Hard to achieve for lots of reasons

*From Speed Secrets Weekly 310*



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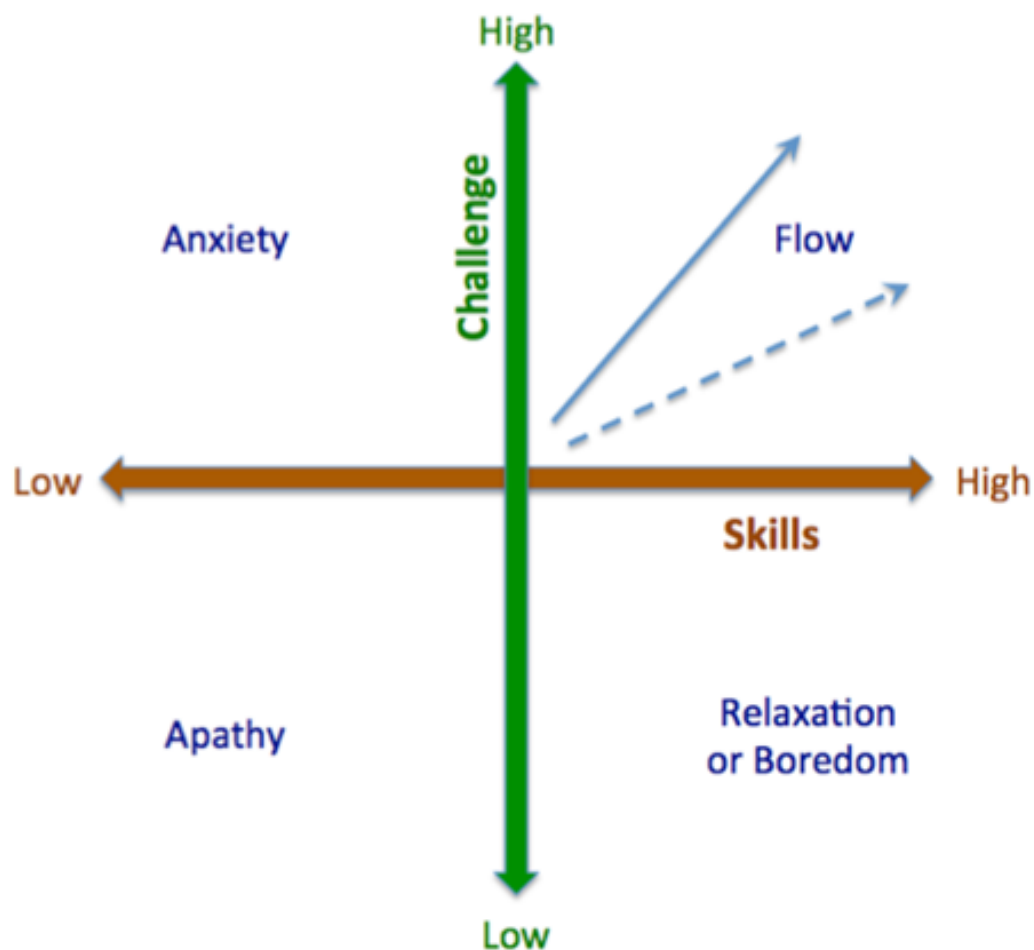
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# NNJR 6. Flow



*Flow – a Speed Secret, that is not about speed at all.*



*From Speed Secrets Weekly 310*



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# Barriers to Getting into the Zone



- State of Mind
  - Stress, pressure, anxiety, frustration, and other emotions
  - Solution: replay a past success you've had in your life. It doesn't have to be while driving
- Comfort zone
  - If outside your comfort zone, you tense up and lose confidence
  - Solution (harder)
    1. Replay a past success
    2. Mental Imagery to see yourself outside comfort zone; Repeat

*From Speed Secrets Weekly 310*



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- How to trigger flow performance?
  - Esp. for those of us who drive on track infrequently
- 1. Write 6 words/phrases that capture “in the zone” for you
  - What does it feel like?
  - What's your state of mind like?
  - What are your emotions?
  - Are you confident?
  - What happens with timing, speed?
  - What's your focus like?
- 2. Think about a great moment / experience, a time when you performed fantastically, at your best
  - Driving, another sport, music, hobby, work, family
    - Where was it?
    - What happened?
  - How did you feel before? During? After?
  - Name the experience (“trigger” word(s))
- At the track, before driving, relax and
  - Read the 6 words/phrases
  - Replay the great experience (trigger word(s))



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- Basics needed to learn on track
  - Focus
  - Goal(s)
  - Deliberate Practice
- Proven ways to Improve Learning
  - Most drivers don't take advantage
  - How much effort are you willing to put in?





## The Most Important “Fact Check”



- You: the driver
- Never accept or try any advice that, for you, personally
  - Doesn’t “fit”
  - Is scary
  - Is too complex
  - Otherwise uncomfortable





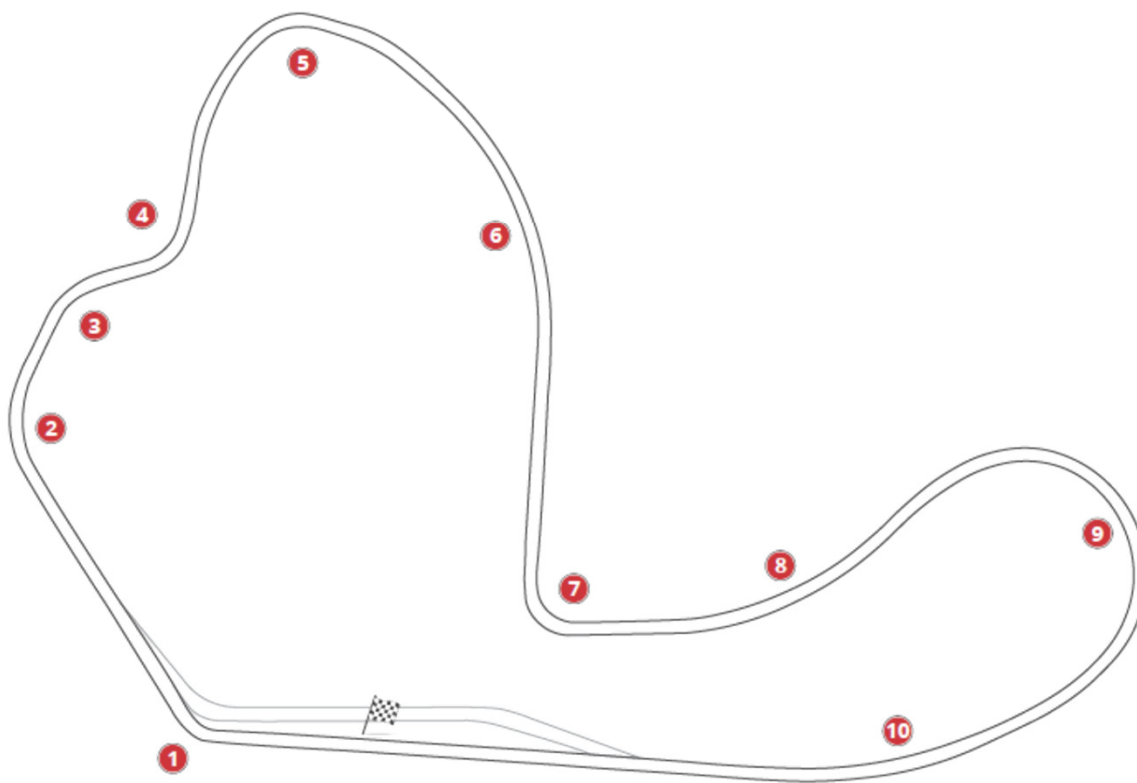




# Lightning Turn by Turn



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