How much of your sport is mental?
How much of your practice time do you spend developing your mental skills?

Just like physical training, mental training must be worked on diligently and systematically. Mental skills are often not an important component of training because few athletes and coaches are formally exposed to mental skills and drills. This workshop will provide specific components that will develop the mental side of performance. Specific drills will be provided that will help the participants develop a systemic approach to developing mental skills. Mental Skills and Drills has been designed to prepare participants to mentally practice and compete to their potential.

Workshop Agenda
8:00 a.m. Registration- Pick-up materials
8:30 a.m. Importance of Mental Training
9:30 a.m. Relaxation- Proper Arousal Levels
10:30 a.m. Goal Setting
11:30 a.m. Lunch
12:00 p.m. Self-Talk
1:00 p.m. Imagery
2:00 p.m. Putting it all Together- Mental Plans
3:00 p.m. Workshop concludes

Registration: Complete the registration form at the website listed below. Day of the workshop registration will be accepted but advanced registration is preferred.

Cost: The registration cost includes the book- Mental Skills and Drills for Athletes as well as various mental training aids. Lunch is included.
$60 advanced registration two days before the workshop
$80 on-site registration the day of the workshop

Questions: For questions about registration or the program, please contact Roho Performance at Rohopublishing@gmail.com, 620-794-6600, or Mark Stanbrough at mstanbro@emporia.edu, 620-794-3941.

Website: www.emporia.edu/hper or www.rohopublishing.com/rohoperformance
Presenter: The workshop will be led by Dr. Mark Stanbrough. Dr. Stanbrough is the director of the Emporia State University Coaching Education program, one of only ten accredited coaching education programs in the nation. He has over thirty years’ experience of successfully teaching mental skills to students and coaches and has coaching experience at the collegiate, high school, middle school and club levels. He was a co-founder of the online physical education graduate program, the first in the United States to go completely online. He has served on the National Association for Sport and Physical Education National Sport Steering Committee and is a past member of the board of directors for the National Council for the Accreditation of Coaching Education. He is a member of the Emporia State University Athletic Hall of Honor and the Health, Physical Education, Recreation Hall of Honor and has won numerous coach-of-the-year awards at the high school and collegiate levels.

Session Descriptions:

**Importance of Mental Training** - Learning and believing in the importance of mental skills is the first step to increasing your mental abilities.
Participants will engage in activities that illustrate the importance of mental training. The Two major goals of mental skills training are to learn and implement skills to: (1) make high level performance more consistent, and (2) enhance performance by allowing you to reach more of your potential.

**Relaxation – Proper Arousal** - Breathing and Believing is Achieving – learning to relax and energize on the fly.
Participants will learn how to achieve their optimal arousal level. With the addition of these mental tools in the mental toolbox, participants will be ready to recognize when they are out of their proper arousal zone and what activities can be done to get back into the zone. Participants will develop relaxation skills to lower arousal energy levels and energization skills to raise arousal energy levels.

**Goal Setting** - Learn how to make SMART goals and how to achieve them.
The focus of this session will be an overview of how to set good, realistic goals. Participants will learn the principles of setting goals that work. These will include an emphasis on SMART goals, effort, and process goals. Participants will make a plan to reach their goals. These will include short-term and long-term goals for the upcoming season.

**Self-talk** – Repeat it to believe it – learning to think positive makes your thoughts work for you.
What do you say to yourself when you perform? Learn how to turn your thoughts into positive thoughts, and how to control those thoughts to increase to a more consistent and constructive performance. Participants will learn the how to use triggers and releases to re-focus after mistakes.

**Imagery/Visualization** – See yourself succeed – Using imagery to become a better athlete.
Imagery is the most commonly used mental skill in elite athletes. The workshop will focus on providing the basics of using good imagery and of how imagery can be used by athletes to improve performance. The use of mental recall and mental rehearsal will be emphasized. Participants will leave with at version of imagery to try on their own.

**Putting it all together** – Mental plans- Learn how to implement your mental skills.
Participants will learn how to use their mental skills and create specific pre-performance, performance and post-performance plans and how to implement those plans to enhance performance and enjoyment.