

Focus-Refocus: From the Trials to the Games

Psychological Preparation for Beijing 2008

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Sport Psychology

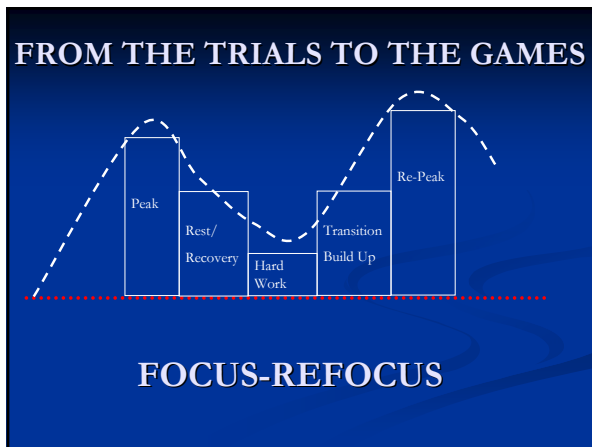
Thinking Right in Sport

1. Thought Control-Mental Skills
2. Taking Control with Great Choices

THE BOTTOM LINE

- Get to the starting line healthy, energized, focused and fit!!!!





- # PROMINENT DISTRACTORS
- Between the Trials and the Games
 - Friends and Family
 - Media
 - Travel
 - Pre-Olympic Competitions
 - Staging
 - Communication
 - Equipment
 - Olympic Games Protocol
 - Nutrition
 - Environment
 - Humidity
 - Pollution
 - Living Conditions and Roommates
 - Medical
 - Illness and Injury
 - Drug Testing
 - Support Team
 - Personal and Team Coaches, Agents etc.
 - Training and Race Plans
 - Stadiums/Race Course

FOCUSING AND REFOCUSING

- Anticipation and Preparation are the Keys to *Mental Toughness*
- Expect the Unexpected
- Insurance Policy: Mental Skills Training



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