

Sports Anxiety

Sports Anxiety: Eliminate It And Unleash Your Performance Potential You've practiced and sweated until your muscles ached. You've missed out on events to keep to your training schedule. You know your moves and equipment as an extension of your being. You've studied the competition, built up your body to peak physical condition and slaved and sacrificed. You want that championship, trophy, or first place medal more than you've wanted anything else in your entire life. This is it; your defining moment that everything you've put your heart into for so long has finally arrived. Are you ready? Really ready?...Are you sure? Will you question your abilities during the competition? Will you let pressure get to you? Will the other competitors get inside your head? Have you had any thoughts like this? What if I freeze up? What if I choke? I've made mistakes in practice before; will I make them in the heat of battle? What about my nerves at the beginning? I just can't stop all those thoughts racing through my head. Do I really feel like I can win? Do I KNOW I will win? Maybe I'll just be happy with second place. Or worse yet - if I don't win this competition, I will be a failure in my or someone else's eyes. How do I get out of this slump? Will I be able to control my anger and other emotions? "Will I come through for my teammates when they most need me... or will I be the goat?" I wish this nagging pain from that old injury would go away...what if I get injured again? Sound familiar? You're not alone, it's common to all athletes and performers. The great news is that we can do something about it and turn you into a performing machine locked onto Winning like a missile to a target. DO YOU have what it takes to be a champion? YES you do and it's all within your Mind. But, these resources must be developed and nurtured just like you do with your physical training and practice. The former Soviet Union was the first to apply mental training as part of their athletic preparations as far back as the 1950's. We watched as they dominated the Olympics for 2 decades until the West began to catch on. Today, it is standard procedure for athletes at the top to work on their mind as much as their body for their sport. Instead of those painful questions and negative emotions described above, wouldn't you like to become unstoppable with absolute mental toughness and a champion's belief system behind your game?: Confident. Laser Focused. Motivated. Determined. Rapid Healer. Clutch. Consistent. Loose. Razor Sharp, Strategic

{mosloadposition user1} Without a doubt it is the mind that determines the outcome of our performance and behavior. At Sports Mind Training, you will benefit from multiple psychological principles and cutting edge technologies specifically tailored for you and your sport. Call 425-205-0024 for an appointment