



# MENTAL SKILLS & DRILLS FOR ATHLETES



JUNE 2<sup>ND</sup>, 2016  
@ ANDOVER HIGH SCHOOL



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 for Athletes has been designed to prepare participants to mentally practice and compete to their potential.

## Workshop Agenda

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

## Cost and Registration

Andover High School student athletes/coaches: **\$30**  
*Register by returning the form below to Coach Justin Hill*

Non-Andover High student athletes/coaches: **\$60**  
*Register at [www.rohopublishing.com/rohoperformance](http://www.rohopublishing.com/rohoperformance)*

Registration costs include the book, *Mental Skills and Drills for Athletes*, as well as various mental training aids. Lunch is included.

## Questions

For questions about registration or the program, please contact Roho Performance at [rohoperformance@gmail.com](mailto:rohoperformance@gmail.com), 620-794-3941 or Justin Hill at [hillj@usd385.org](mailto:hillj@usd385.org). Visit [www.rohopublishing.com/rohoperformance](http://www.rohopublishing.com/rohoperformance) for more information.

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### ANDOVER HIGH SCHOOL STUDENT ATHLETE/COACH REGISTRATION FORM

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Grade: \_\_\_\_\_

Sport(s) Involved In: \_\_\_\_\_

Return form and payment to  
Coach Justin Hill at Andover  
High School  
or mail to:

Roho Publishing  
4040 Graphic Arts Road  
Emporia, KS 66801

*Make checks payable to  
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