

# TRAINING TIP OF THE WEEK

## TRAINING YOUR MIND TO BE A CHAMPION

Anxiety can temporarily hinder an athlete's performance. Everyone, even elite athletes, can get nervous in a pressure-packed situation, but the successful ones have learned how to handle their emotions in ways that don't allow them to negatively affect performance. Practicing

*I've got to  
make this  
putt!*



one's sport both physically and mentally can help develop confidence so that even at crunch time, the game-winning putt, throw, or run becomes routine. Most sports psychologists recommend using techniques called imagery and simulation. In short, an athlete can use imagery or visualization to see himself performing his sport well, like making the game winning free-throw. Simulation follows next by making practice sessions as close to game or event conditions as possible so that when the pressure situation comes, it feels familiar. Having a set routine the day of the competition helps an athlete remain focused. If anxious thoughts start to creep into an athlete's mind, using practiced breathing and relaxation techniques can help relieve the symptoms quickly. This mental ability to handle stress and perform under pressure is often what separates a competitor from a champion.

[www.AthleticareSportsMed.com](http://www.AthleticareSportsMed.com) is a great resource for all your sports medicine questions



**Athleticare**  
Sports Medicine Specialists

128 E. Milltown Rd.,  
Suite 105  
Wooster, OH 44691  
**330-345-8060**