

Announcing UAB Sport Psychology's Mental Toughness Boot Camp

Mental toughness is a quality that performers of all types regularly identify as important to great performances. However, until recently even performance psychologists did not agree on a definition. Developing this important quality is only now becoming more completely understood.

UAB Sport psychology is pleased to announce the Mental Toughness Boot Camp. This course is designed to help athletes and other types of performers develop skills that are consistent with the emerging literature regarding mental toughness. The course will focus on increasing the individual's awareness of his or her own mental strengths and areas needing more work. Additionally, participants will learn a variety of mental skills used by elite athletes and performers in order to further develop their own mental toughness, such as controlling emotions, self-talk, and focus; managing energy; and using imagery as a performance tool. These skills form the basis of the individual's pre-performance routines, regrouping plans, and general mental preparation strategies that will allow him or her to perform to the best of his or her abilities. Participants will also learn ways to incorporate this mental toughness training into their physical practices and their life in general in order to make the most out of both.

The course will include in-class demonstrations of mental skills training techniques and homework between classes focusing on helping each participant increase self-awareness. At the end of the course, each participant will have a notebook that they can use to guide them as they continue to develop their mental toughness long after the class is over.

The Boot Camp will meet on Tuesday evenings for 10 weeks from 6:00 pm until 7:30 pm in the third floor auditorium at the UAB Huntsville Campus, 301 Governors Drive SW. The class will start on September 13, 2011 and end on November 15, 2011. It is recommended that interested individuals enroll early as the course will be limited to the first 15 individuals, ages 17 and older, who register. Registration will end on September 9, 2011. The price of the class is \$200 per participant, payable at the time of registration. For groups of 3 or more, the cost is \$175 per person (must register at the same time).

For additional information, contact Dr. Jim Moncier at either 551-4479 or 551-4461. Information along with registration materials can also be found at www.moncier.com.