



# Performance Enhancement News

UAB Sport Psychology

Volume 1, Issue 1 – May 2006

*Providing information to individuals and teams seeking optimal performance*

## Welcome to *Performance Enhancement News!*

Welcome to the first issue of *Performance Enhancement News*. You are receiving this because you have been identified as an athlete, coach, sport administrator, or health care provider working with athletes and teams in the North Alabama area.

### *Questions*

Have you ever wondered why one competitor “comes through” during a big game while another doesn’t when both have been exposed to the same training and conditioning? Why do certain coaches win again and again while others don’t? Why doesn’t the most talented team win every time?

### *Answers*

The answers to the above questions may lie in the athlete’s, coach’s, or team’s use of mental skills. These skills can include goal setting, imagery, relaxation or energizing, positive self-talk, focus control, emotional control, appropriate and consistent communication, confidence-building, motivation-building, effective personnel management, and leadership development, among others. All of the above skills can be learned and/or improved.

### *Sport Psychology*

As defined by the Association for the Advancement of Applied Sport Psychology (AAASP), applied sport psychology involves “(a) the study of the psychological and mental factors that influence and are influenced by participation and performance in sport, exercise, and physical activity, and (b)

the application of the knowledge gained through this study to everyday settings” (2003).

AAASP recognizes three applied areas within sport psychology. These are health psychology, performance enhancement/intervention, and social psychology. While this newsletter will primarily focus on the performance enhancement and intervention aspects of applied sport psychology, issues regarding the health and social aspect of sport will also be addressed from time to time as appropriate.

### *Why AAASP?*

AAASP is the foremost organization in North America that has established a certification process for sport psychologists. Professionals who have successfully completed the certification process demonstrate that they meet a minimal level of training and experience to provide professional services in applied sport psychology. Professionals who are AAASP certified consultants and are also members of the American Psychological Association can be listed on the United States Olympic Committee’s Sport Psychology Registry which means that they are approved to work with Olympic athletes and national teams.

### *The Goal*

The main goal of this publication is to provide the athletic community information relevant to improving athletic performance through the application of sport psychology principles and techniques.

Future issues of *Performance Enhancement News* will discuss these concepts and techniques in more detail. In addition, we intend to have interviews with local athletes and coaches to discuss their use of mental skills. Finally, readers are encouraged to send in questions about the application of mental skills using either of the contact methods listed below.

This quarterly publication is being offered to you free of charge. If you prefer not to receive a copy, either call 256-551-4479 or send an email to [moncierj@uasomh.uab.edu](mailto:moncierj@uasomh.uab.edu). Use these same methods to request additional copies of *Performance Enhancement News* or to request an electronic version.

**Dr. Jim Moncier** is a licensed psychologist in Alabama and Florida. He is an assistant professor in Psychiatry and Family Medicine at the University of Alabama School of Medicine, Huntsville Campus. He is a member of AAASP and of Division 47 (Exercise and Sport Psychology) of the American Psychological Association. His sport psychology practice includes work with athletes, coaches, and teams in collegiate and high school sports such as basketball, soccer, softball, track, and wrestling.

To schedule a sport psychology consultation with Dr. Moncier, call 256-551-4479. Questions regarding sport psychology services can be directed to Dr. Moncier via email at [moncierj@uasomh.uab.edu](mailto:moncierj@uasomh.uab.edu).

## Dr. Moncier's Upcoming Speaking Engagements

Date/Time	Location	Topic	Contact
May 2, 2006 12:15 – 1:15	UAB Huntsville 3 <sup>rd</sup> Floor Auditorium 301 Governors Drive SW Huntsville, AL	Physicians In Flow	Marquita Etheridge 256-551-4452
June 2, 2006 2:00 – 5:00	Alabama Psychological Association's Annual Convention Ramada Plaza Beach Resort Ft. Walton Beach, FL	Sport Psychology for Clinicians	Pat Gratz 334-262-8245

## References

Association for the Advancement of Applied Sport Psychology. (2003). Applied sport psychology: Frequently asked questions. Retrieved April 20, 2006 from <http://www.aaasponline.org/asp/faq.php>

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