

Gifted Athletes & Performers

Music. Sport. Drama. Dance.

An outstanding student conference for sportspeople, dancers, singers, musicians and actors.

Outstanding human performances are a result of learnable and teachable skills and behaviours – rather than innate, genetic ‘traits’.

These skills and behaviours are governed by mental attitudes and thinking processes, and an emotional intelligence and flexibility... champion thoughts, and champion feelings.

Such champion thoughts and champion feelings lead naturally to outstanding sports, musical and dramatic performances – and are in fact essential for peak human performance.

Excellent performances are a result of both superb physical training and preparation, and an outstanding personal psychology.

This unique conference provides an introduction to the latest physical training techniques for young performers, and an understanding of the inner, subjective mental and emotional processes which drive successful performances.



"Jeffrey, your Sportsmind training program takes sports psychology to a level that I didn't know existed. My expectations were to learn mental skills that would help me perform better. Not only have I achieved this, but I have now learned to take control of my thoughts, emotions, beliefs and values, empowering me to shape my own future."

Lydia Lassila, Olympic Champion, Aerial Skiing

The Timetable, Tuition Fees & Booking Details

Dates: Tuesday 11th October 2011
John Paul College, Daisy Hill

OR Friday 10th February 2012
All Hallows' School, Brisbane City

Times: Registration is 8.30am for a 9.00am start and finish at 2.30pm. Students must bring their own morning tea and lunch – a water bottle is also recommended. Morning tea and lunch is provided for accompanying teachers.

Tuition Fees:

Students **\$50.00 early bird if paid by 12th September (October Conference) and 12th December (February Conference)** or \$60.00 if paid after these dates.

Teachers **One free staff place is available for every 12 students.** Extra staff, and staff places if less than 12 accompanying students, at student rate – i.e. \$50 / \$60

All participants will receive a **free copy** of the Sportsmind 6-week mental training manual (valued at \$25.00).

Bookings:

These conferences are very popular, with numbers increasing each year, so we recommend **early booking**.

Amendments and cancellations will be accepted until three weeks prior to the conference as numbers need to be confirmed for catering purposes.

For more information or if you have problems booking, please contact Jeffrey Hodges by phoning (07) 5445 7994 or by email: jh@sportsmind.com.au

Speakers



Mark McKean

Dr Mark McKean has a PhD in the area of Movement Coordination & Muscle Balance and is currently a Post Doctoral Research Fellow at the University of Sunshine Coast. Mark lectures at the University and has coached athletes in 28 different sports including 18 to international level and Olympic and World Championship medals in five different sports. Mark has worked with young athletes from NTID programs in a number of sports and has presented internationally for the last 15 years. Mark is also an accredited Exercise Physiologist and Strength & Conditioning Coach.



Colin Cromack

Colin Cromack is the creator of Target Oriented Golf. He is a PGA UK approved golf coaching specialist and works with both Professional and amateur golfers in the UK. He studied psychological science at Griffith University and specialises in explaining and the management of performance anxiety in golfers.



Jeffrey Hodges

Jeffrey Hodges is the author of the widely acclaimed "Sportsmind" and "Champion Thoughts, Champion Feelings" books, Sportsmind audio programs and creator of the Sportsmind Mental Mastery performance enhancement workshops. He is the creator of the *Coaching Excellence* professional development program for sports coaches, and is Director of the Sportsmind Institute for Human Performance Research. Jeffrey holds an M.Sc.(Hons) and a B.Ed., and trains in Aikido and Yoga.



www.sportsmind.com.au



Gifted Athletes & Performers

STUDENT CONFERENCE

A superb one-day training for your best student athletes and performers



11th October 2011
10th February 2012

Speakers

Jeffrey Hodges, Colin Cromack and Mark McKean

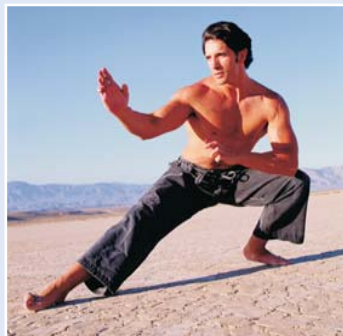
www.sportsmind.com.au

Iron Mind! Build a Powerful Positive Self Image

with Jeffrey Hodges 9.00am – 10.25am

Negative thinking and negative self beliefs are detrimental to individual and team performances. Build a powerful, positive self image, and develop the mental toughness and optimistic outlook of a consistent champion, using advanced Sportsmind visualisation techniques to enhance all aspects of your performance.

You will learn: The Sportsmind six-step elite athlete visualisation technique
SVFA process for personal improvement
Using the Sportsmind 6-week training manual



Getting into the Zone with Colin Cromack

10.45am – 12.15pm

Anxiety can often kill performance. Why? A single erroneous thought prior to action can instantly elevate arousal and inhibit physical flow. Performers need to control the source of their anxiety, the conscious mind – not just manage the symptoms. Arousal control is the gateway through which you must pass to gain access to the more significant skill of Attentional Focus. This is the state of mind which elite sportspeople demonstrate but struggle to explain when they talk about the 'Zone'. It is a state of mind you can develop with deliberate practice once you understand your attentional focus system.

This session will cover: Attentional Focus
Verbalisation or Visualisation?
How to eliminate Performance Anxiety

Physical Development & Performance with Mark McKean

1.00pm – 2.30pm

The physical changes that occur during the teenage years challenge both athlete and coach. Different rates of growth, changes in physical shape, and hormone levels all influence the resultant performance, the training required, and the recovery ability of the individual. Allowing for the different rates of development is critical both in how you plan your week of activity, how much sleep you have, and how you prepare for each performance. This session will provide you with the framework to plan your weekly schedules and allow for both practice and recovery time with the aim to achieve life balance and good health.

This session will cover: Identifying and improving posture in key movement patterns
Establishing a balanced training program that meets the complete needs of the performer



SPORTSMIND Products



Buy the complete Sportsmind Peak Performance Pack for just **\$295.00**

Includes: *Champion Thoughts, Champion Feelings & Sportsmind* books and *Training Manual*, all six CDs and an *Achievement Log*. **Total Value: \$342.50 – SAVE \$42.50 !**

CHAMPION THOUGHTS, CHAMPION FEELINGS

Learn the mental and emotional techniques of champions.

Think and feel like a winner in sport, work and life. **\$50.00**

Sportsmind BOOK

Best selling mental training guide for athletes and coaches.

Train your mind and emotions as well as your body. **\$50.00**

Sportsmind MENTAL TRAINING MANUAL

Essential companion to *Sportsmind* – 6 week practical training manual. **\$25.00**

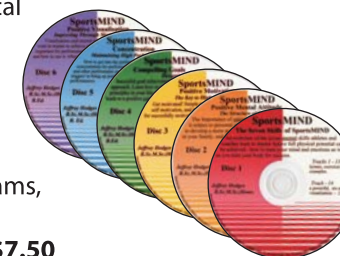
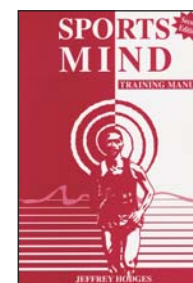
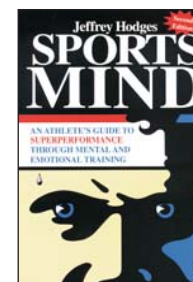
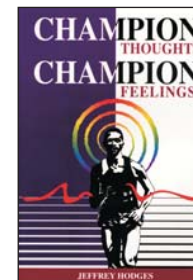
Sportsmind CDs

Six 60 minute mental toughness training CDs on: Mental Skills, Motivation, Positive Attitude, Sports Goals, Concentration & Visualisation. Each CD includes a practical mental exercise.

CDs \$35 each

Sportsmind ACHIEVEMENT LOG

A weekly log for your dreams, goals and action plans. A4 size Pad of 50 sheets. **\$7.50**



CONFERENCE BOOKING FORM

Complete the form below and post with payment to:
SPORTSMIND, 77 Flaxton Mill Rd, Flaxton Qld 4560

YES! Please enrol us for the following Sportsmind Conference:

Tuesday 11th October 2011 John Paul College, Daisy Hill
 Friday 10th February 2012 All Hallows' School, Brisbane City

Students – \$50.00 each if paid by 12th September (October Conference) and 12th December (February Conference) or \$60.00 each if paid after these dates.

Teachers – One free staff place is available for every 12 students. Extra staff, or if less than 12 accompanying students, at student rate – i.e. \$50 / \$60

Fee INCLUDES a **free copy** of the Sportsmind 6-week mental training manual (valued at \$25.00) for all participants

Student Numbers: _____

Teacher Numbers: _____

Value \$ _____

CONTACT DETAILS

Name: _____

School: _____

Address: _____

Postcode: _____

Phone: _____

Email: _____

PRODUCT ORDER FORM (Optional)

Please also mail me (prices inc. postage & handling) Quantity

- | | | |
|--|-------|----------|
| <input type="checkbox"/> Sportsmind Peak Performance Pack | _____ | \$295.00 |
| <input type="checkbox"/> Champion Thoughts, Champion Feelings Book | _____ | \$ 50.00 |
| <input type="checkbox"/> Sportsmind Book | _____ | \$ 50.00 |
| <input type="checkbox"/> Sportsmind Training Manual | _____ | \$ 25.00 |

Total Payment & Cheque/Money Order Enclosed for \$
Make cheques payable to: SPORTSMIND INSTITUTE

OR... Direct Deposit Details:

Sportsmind Institute Pty Ltd BSB: 638-080 Account No: 007743416

ALL PRICES INCLUDE POSTAGE & HANDLING