

Mental Skills Training for Tryouts

Tryouts are an important but pressure filled part of the season for all athletes. This increased pressure often causes athletes to have more distractions, trouble focusing, and feel increased negative emotions and tension which can prevent them from performing up to their full potential. This program is developed to help athletes learn how to manage this pressure and assist them to perform their best going into tryouts.



Two In-Person Course Options:

A) Wednesday, August 10 &
Wednesday, August 17
7:00pm-8:30pm

or

B) Thursday, August 11 & Friday, August 12
7:00pm-8:30pm

\$100/athlete

To Register: Click on or copy & paste the following link into your browser

https://docs.google.com/forms/d/e/1FAIpQLScHA29B3NUWHxeIDc-yhbpjSHpcl26JJbrXhdheona1OK97Dw/viewform?usp=pp_url

For registration inquiries please call
780-870-7227 or email reid@huntpsychologicalservices.com



What is Mental Skills Training?

Mental Skills Training is the systematic development of psychological skills for the purpose of enhancing performance. These skills help athletes enhance their confidence, maintain and focus concentration, bounce back from failure, manage pressure, persist when facing adversity, manage and return from injuries, and increase motivation.

for more information visit:

www.huntpsychologicalservices.com



Reid has completed a Master of Science in Sport Psychology and an undergraduate degree in Sport and Exercise Psychology. Reid is currently working on a second masters degree in Counselling.

Reid focuses on helping athletes reach their goals by assisting them develop the psychological skills necessary to reach peak performance and manage the pressures of competing at an elite level.

