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1 Act NOW!

Recently one of my students and a great personal friend, Dyson Martin, was killed in a motorcycle accident. Dyson had given so much help to us in making the Sportsmind vision a reality: he was among the first Level 2 coaches trained; he set up the Sportsmind website; and he was always positive and encouraging about our work.

I'm going to miss his easy going and dedicated presence, and his death has made me aware of how short our time can be here, (he was only 26), and so to act now to live the life you most want to live.

It's also made me aware of continually checking in with my feelings to make sure I'm doing what I most want to do with my life, and to make sure I'm not allowing fear to hold me back from going for my goals. I see so many people unhappy working in jobs they hate, so many people negative and pessimistic - so find what you love to do and find a way to live your dream.

Dyson's passion was Aussie Rules, and his dream was to work with an AFL team with his Sportsmind training, as he believed it would be a great benefit to the players. I'd like to realise that dream of having Sportsmind associated with an AFL team for next season, so if anyone has some suggestions as to how to assist in this, please let me know.

The death of someone close to us also makes us aware of wanting to say "Thank-you" and "I love you" to those important people in our lives. So I want to take this

opportunity to say how much I value the friendship and good will of everyone who is on this mailing list, and in particular to all my Level 2 coaches. I'm glad I had a chance to say that personally to Dyson just two days before he died.

Have you expressed your appreciation and love to those close to you lately?

2 *Sportsmind* News

TENNIS SUCCESS. Congratulations to Andrew Kratzman and his doubles partner on their recent successes in tennis competitions in Europe. I spent an intensive couple of weeks working with Andrew before he left, and here's what he had to say:

"Jeffrey's Sportsmind sessions on handling pressure situations and building positive anchors have helped me realise my dreams and improve my ranking from 55 to 30 in the world. Jeffrey was the major reason for my success on my last trip overseas where my partner Wayne Arthurs and I made the quarter finals of the French Open, won the German Open in Hamburg, and were the only team to beat the French Open and Wimbledon champions Bhupathi / Paes in between their two Grand Slam wins. Thanks for the HUGE help!"

I must also note that Andrew worked extensively with Mark McKeon, a colleague of mine and a highly qualified personal trainer, who's assistance was equally valuable to Andrew's success. Mark's business is called **Fitness Direct** and he specialises in postural stability and assists athletes to maximise their fitness, strength and flexibility for optimum performance. He can be contacted on 07 5476 5522.

SIX WEEK PROGRAM. Over the past couple of months I've undertaken the six-week mental training program that I wrote, which is included in the new *Sportsmind Training Manual*. I did this because I had an important grading in Aikido coming up, and my team was also to play in the A grade grand final for the local volleyball competition. I also believe in walking my talk - I wanted to prove that the revised program was just as effective if not more so. The end result was that I put in the best grading I've ever done - and felt really calm and focused throughout, and our volleyball team thrashed our rivals three sets to nil!

If you haven't yet undertaken the six-week course, I urge you to do so. Pick a short term goal you're working toward and use the six weeks leading up to it to really prepare yourself mentally by doing the daily exercises.

Let me know how you go!

NEW EDITION OF SPORTSMIND. The past four months have been pretty quiet as I've spent much of the time revising *Sportsmind* and producing the new edition which was published in July. The new edition features a better layout and an easier to read type, with the six week training program expanded and made into a separate *Sportsmind Mental Training Manual*.

If you're looking for a great present for one of your sporting friends or family, the new *Sportsmind* edition is an excellent choice.

SPORTSMIND IN SCHOOLS. The past few months have seen an increasing involvement with schools - I've given short motivational presentations to a number of High Schools for their senior students, and I'm also coaching a grade 8 volleyball team. Our team entered in the Old Schools' Cup volleyball competition and won a bronze medal! Next year it'll be gold!

SPORTSMIND IN SINGAPORE! In September Sportsmind makes its international debut with a presentation in Singapore to 800 teachers and coaches at the School Sports Conference at the invitation of the Singapore Ministry of Education.

I'll be presenting a workshop titled, Talent Identification in Sport: A Psychological Perspective, and looking forward to making some useful contacts for future programs!

SPORTSMIND SCHOLARSHIPS. There was some delay in getting details of the scholarships out to schools, so the deadline for receipt of applications for the workshops in Sydney, Melbourne and Brisbane has been extended until 1st October. Decisions on the full scholarship places will be made and applicants notified by October 8th. Some half scholarship places have already been awarded, and congratulations to those people. If you wish to apply, please call for an application form on 07 5445 7994.

STEVE WAUGH'S OPINION. Did you read the article in the *Daily Telegraph* (16/6/99) where Steve Waugh spoke about the importance of sport psychology in high level cricket? Quote: "*It is a must in modern day cricket, particularly with the pressures of being away for so long. People always say cricket is a 90% mental game yet we practise 90% on our skills and fitness, and only 10% on the mental side.*" [Thanks to Shane Grills for sending me a copy of the article]

PAT RAFTER USES MEDITATION. Pat Rafter uses meditation and visualisation techniques to stay focused when playing. The meditation is only for a few seconds, but he says it stops him from getting overconfident and looking further ahead than the next game.

3 Sportsmind / Runaway Bay

From February next year *Sportsmind* will be associated with Ron Clarke's superb new Sports Centre on the Gold Coast. I will be part of the Sport Sciences unit, and will be providing group presentations for sporting teams, and private sessions for individual athletes 3 days a week. I've enclosed a brochure about the Sports Centre - which manager Rod Cedaro has described as "like the AIS without the bureaucracy" - and encourage you to consider it for any training camps your school or club requires.

4 Coaching Resources

Many teachers and coaches have asked me how to introduce mental training techniques into their coaching routine, and certainly with limited time and all the other things which need to be covered, coaches haven't found the time. In addition, particularly with school teams, time spent in relaxation or visualisation is often ridiculed or seen as a waste of time by young athletes.

Coaching a year 8 school volleyball side I have experienced these difficulties myself: how to fit a warmup, stretching, ball skills, agility and jumping training, court play and tactics, practice game, warm down, and give instructions for the next match, as well as deal with the usual issues of late comers, discipline, and one-on-one feedback with a group of young players who are not all that committed anyway! I'm certain if you're a coach you understand the difficulties! So where do we find time for

mental training? The answer lies in making joint use of physical training time to include mental techniques, and in using handouts on mental training.

The warmup and warmdown periods prior to and after training are ideal for short visualisation and relaxation exercises. For instance, just after the warmup, have your athletes sit or lie quietly, and run through what you plan to do that session, and have them imagine themselves training well, and doing the skills correctly. At the end of the session, include as part of the warmdown a five minute muscle relaxation, working progressively through the body.

In addition, during training when offering one-on-one feedback about skills, after explaining what you want them to do, have them stop for ten seconds and imagine themselves successfully executing the skill before they do it.

Providing inspirational and explanatory handouts for your athletes on goal setting, visualisation, focusing, managing anxiety, and so on, will help educate them to pay attention to their mind and emotions as well as their physical performance and skills.

To assist teachers and coaches, I will be providing in each newsletter a handout on various aspects of mental training, **which can be freely photocopied and passed on to your athletes**. The first handout is on goals and goal achieving, and is included here.

Have your athletes take them home, complete them, and return them to you - and may I suggest you fill one out for yourself too! Like most things, the best way to teach is by example.

5 Coaching High Achievement

A NEW five-day course for coaches and teachers, covering Communication and Time Management skills in addition to key Sportsmind sessions from the Mental Mastery program, will be offered for the first time at the Bardon Professional Centre in **Brisbane from January 19 - 23**.

Anyone coaching at A-grade, state, national, or international levels will benefit by having a greater understanding of the mental and emotional skills required for high achievement, and how to nurture these skills in your athletes. For more information and bookings, phone Sportsmind on 07 5445 7994.

6 The *Sportsmind* network, direction and vision.

The *Sportsmind* network

When I wrote *Sportsmind* in 1993, I outlined a Vision to establish a network of interested people around the world and an education institute to provide Sports-NLP training. This worldwide network now has 3,000 sportspeople, coaches and sporting organisations.

The Sportsmind Institute for Human Performance Research, established in 1996, provides two professional training courses to licence Sportsmind trainers; has a web site; provides a range of top quality books and audio tapes by leading NLP researchers; and produces this newsletter.

The *Sportsmind Institute* currently offers two training courses in Sports-NLP. The Correspondence Course in Sports Motivation and NLP is a ten module course which provides the essential basics of the seven skills of the sports **mind**, and an

introduction to Sports-NLP. This course is aimed at sportspeople and coaches who want to enhance their own performance, and graduates attain Level 1 status.

The **Sportsmind - NLP Practitioner** training is designed for those who want to be more intimately involved with **Sportsmind**, and be able to conduct training courses for sports clubs and coaches in their region, as well as private Sports-NLP performance consulting for other athletes. Graduates attain Level 2 status.

Future Direction

Over the next ten years our goal is to make Sportsmind the leading performance psychology provider in the world - and to establish a network of 1,000 Sportsmind accredited performance consultants who can provide assistance for top athletes, sports clubs and corporations - worldwide.

The people involved will have a practicing sports background, have an interest in coaching, and be superb facilitators able to create learning environments which are challenging, enjoyable and directed at personal development for the highest good.

How to Become Part of the Vision

To be part of this vision, you will complete at least the Sportsmind NLP Practitioner course to attain Level 2 *Sportsmind* accreditation, and be granted a licence to practice in your region. *If you're interested in establishing a career in Sports-NLP performance psychology, then consider the opportunity involvement with Sportsmind provides.*

7 Sportsmind Courses

I've made some slight changes to the dates of courses to be held over the next four months. Dates and details are as follows:

Sports Hypnosis Course

Learn how to use the resources of the unconscious mind to enhance sports performance. Learn / relax in Byron Bay!

Byron Bay 10 - 24 October \$ 2,575

High Achievement Weekends

A powerful weekend for those aspiring to high achievement, providing practical techniques for clarifying personal goals and dreams and making them a reality.

Sydney 13 / 14 November \$ 495

Melbourne 4 / 5 December \$ 495

Brisbane 15 / 16 January \$ 495

Peak Performance Weekends

An essential mental and emotional skill building weekend for taking charge of your mind and emotions, building a positive self image, and powerful self confidence.

Sydney 20 / 21 November \$ 495

Melbourne 11 / 12 December \$ 495

Brisbane 22 / 23 January \$ 495

Mental Mastery Camp

A comprehensive program incorporating the High Achievement and Peak Performance weekends, plus extra techniques for building self belief and positive momentum.

Brisbane 15/16 and 21/22/23 January \$ 995

Coaching High Achievement

Special course for coaches and teachers : learn the mental and emotional skills required for high achievement, and how to nurture these skills in your athletes.

Brisbane 19 - 23 January \$ 995

Sportsmind -NLP Practitioner Courses

Advanced program for coaches, teachers, professional athletes and personal trainers, combining NLP practitioner training with Sportsmind Mental Mastery workshops. Graduates attain Sportsmind Level 2 accreditation and a licence to practice.

Brisbane 4 - 23 January \$ 3,195

8 Sportsmind Practitioners

Current Level 2 Licensees - The following Sportsmind graduates have a licence for private sports performance consulting. If you have any queries about Sportsmind programs, or want a Sports-NLP coaching session, please contact them :

NSW

Joanne Mansell (Martial Arts/Kayaking/Life Coaching) "Kaizen Coaching"
Sydney (AH) 02 9416 3491 / 0416 181 654
email: jomansell@ozemail.com.au

Macka Jensen (Lawn Bowls) Sydney 02 4733 0408

ACT

David Murtough (Karate) Canberra 02 6281 6038

QLD

Ricky Budgen (Boxing/Personal Trainer) Gold Coast 0419 736 689

Robert Gronbeck (Volleyball) Cairns 07 4054 6994

VIC

Willie Hill (Martial Arts/Golf) Melbourne 03 9529 7407

Kevin Scott (Aussie Rules/Motor Sports) Melbourne 9350 2803 / 0414 792 605

Tony Harrington (Golf/Aussie Rules) Geelong 03 5275 0338

Tim Harris (Golf) Dumbalk 03 5664 5420

TAS

John Bermingham (Athletics) Hobart 03 6224 8738

WA

Angie Cassian (Golf) Perth 08 9272 8929

OVERSEAS

Helen Formby (Athletics) United Kingdom (Bolton) 1204 407 864

How to contact Sportsmind

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