



# U.S. Olympic Committee Performance Services Division

## Mental Training Resources

USOC Sport Psychology has developed a variety of educational sport psychology materials. See order form for pricing.

***Sport Psychology Mental Training Manual.*** This manual provides information and education about the most critical mental skill areas. Chapters include goal setting, mental imagery, self-talk, energy management, concentration, self-confidence, mental preparation, handling the pressure of competition, assessment, and sport psychology resources. Each chapter provides a description of the skill, a self-assessment, and a variety of exercises designed to help athletes and coaches increase their knowledge and ability to use that skill.

***Coaches' Guide– Mental Training Manual (Available October 2006).*** The companion to the *Sport Psychology Mental Training Manual*, this book profiles the critical mental skills for coaches through education of key concepts and strategies for working with athletes on these skills. Like its companion, chapters include goal setting, mental imagery, self-talk, energy management, concentration, self-confidence, peak performance preparation, handling the pressure of competition, mental skill periodization, and coaching psychology resources. Each chapter provides a coaches' self-assessment, information about the skill as well as common problems and solutions for athletes learning the skill. Each chapter comes with several user-friendly exercises and handouts for coaches to use to help their athletes develop these important mental skills.

***Sports Mental Training (VHS or DVD).*** This videotape focuses on the topics of energy management and motivation, and includes tips on mental skill usage from elite level athletes from a variety of sports.

***Success at the Olympic Games: Top 10 Lessons of Olympic Champions (DVD).*** This video is designed to provide athletes and coaches with the "Top Ten" lessons learned from previous Olympic medalists about how to better plan for their Olympic preparations as well as the Games themselves. One of the challenges of the Olympics is that it only happens every four years, and so athletes don't get regular opportunities to practice the special skills needed to perform at the Games. Because experience is such a helpful tool for athletes, this video crystallizes the experiences and knowledge of some of our country's best Olympians.

The video's ten lessons that you can view as a whole or in parts:

- Lesson 1: Building Your Plan
- Lesson 2: Great Mental Preparation
- Lesson 3: Training Smart
- Lesson 4: Staying Disciplined, Making Sacrifices
- Lesson 5: Riding the Olympic Roller Coaster
- Lesson 6: Staying Flexible
- Lesson 7: Being Resilient in the Face of Adversity
- Lesson 8: Keeping Steady
- Lesson 9: Building Your Performance Support System
- Lesson 10: Trusting Your Plan

***Achieving the Dream: Performing Your Best at the Olympic Games (VHS or DVD).*** This video summarizes what has been learned from U.S. Olympians and coaches about the factors that influenced their performance at the Olympic Games in Atlanta and Nagano. The video identifies factors influencing performance and ways to prepare oneself for performance success and is divided into five parts:

- Part 1 - An overview/introduction that points out the similarities and differences between the Olympics and other major competitions.
- Part 2 - An "Olympic Lessons" section that details long-term planning considerations, evaluating one's needs, goals, and strategies, and how to optimize physical and mental training.
- Part 3 - Olympic Trials considerations.
- Part 4 - Factors influencing performance just before and at the Games.
- Part 5 - After the Games issues.

Two written resources accompany this video. They include the *"Achieving the Dream" Checklist* and a brochure, *Friends and Family*, focusing on the role of family and friends at the Olympic Games. The checklist parallels the video and presents the numerous performance considerations in bulleted form.

(Each video also comes with one copy each of the Checklist and Friends and Family brochures.)

Quantity brochure prices: \$10 per dozen.

***Charting Your Course after the Olympic Games (VHS or DVD).*** This video aids Olympic athletes in their post-Olympic transition back to competition or retirement. Olympians provide their own perspectives and talk about the lessons they learned about this process, and tips from USOC Sport Psychology are also included.



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Description	Price	Quantity	Total
Sport Psychology Mental Training Manual	\$24.95	_____	_____
Coaches' Guide - Mental Training Manual	\$24.95	_____	_____
Sports Mental Training (VHS or DVD)	\$9.95	_____	_____
Success at the Olympic Games: Top 10 Lessons of Olympic Champions (DVD)	\$9.95	_____	_____
Achieving the Dream: Performing Your Best at the Olympic Games (VHS or DVD)	\$9.95	_____	_____
Charting Your Course after the Olympic Games (VHS or DVD)	\$9.95	_____	_____
SUB TOTAL:		_____	_____
GROUND SHIPPING:	\$3.00	1	+ \$3.00
		_____	_____
		<b>TOTAL:</b>	_____
			_____

**Sport/ Organization:**

**NGB Member**

**National Team Coach/Athlete**

**Other**

**Name:**

**Address:**

**Phone       #:**

**Fax           #:**

To order, please fill out this form with your shipping address and make your check or money order payable to the USOC, mail to the attention of:

Tammy Hendrian  
U.S. Olympic Training Center  
1 Olympic Plaza  
Colorado Springs, CO 80909

(719) 866-4517 or (719) 866-4852

Once your check/money order is received, items will be shipped.