



The SPMST Camp Leaders



Coach M. reviews the MST journal. "Hey, this is cool stuff."



Sean & Melissa share pointers for keeping focus and avoiding distractions.

THE SPORT PERFORMANCE MENTAL SKILLS TRAINING CAMP



The Sport Psychology Club in the Department of Kinesiology hosted its first **SPORT PERFORMANCE MENTAL SKILLS TRAINING CAMP (SPMST CAMP)**, Saturday, April 10, 2010 in the South Gym at California State University, Fresno. Forty-two high school student-athletes (the campers) learned five important mental skills strategies to improve their sport performance and academic achievement. Ten graduate and two undergraduate Sport Psychology Option students reinforced the camp's theme, **Mind Strong – Sport Strong**, throughout the day as the campers rotated through five 30-minute sessions filled with interactive, small group activities and discussions.

An energetic welcome at 8:30 a.m. by **Dr. Dawn Lewis** and the **Sport Psychology Club** kicked off the day. **Sean and Melissa** distracted campers' attention and challenged them to **FOCUS** on a wild task of memory, catching and passing. With the Beetles blaring in the background, campers took home the message that **FOCUS = Fewer Errors!** Through **Breathing & Relaxation**, **Jeremy, Bryan and Jacob** taught campers the importance of and how to manage anxiety and over-arousal in pressure situations. Hula hoops and stringing beads has never been so exciting. **According to J.R. and Rachael, Routines! Routines! Routines!** are the key to consistent performance. Outcome, process, performance, long-term, short-term and daily – **YIKES**, who knew there were *soooooo* many types of goals to set. Not to worry, ask the campers after **Sandrine and Andrew's** session how to set **SMART Goals**. **Chantal and Chris'** can-stacking activity (it's not as easy as you think) had campers feeling the *weight* of their negative self-talk and the power of **Positive Self-Talk**. Remember, it's not only *what you say* but also *how you say it*. After a fully-charged debriefing with **Dr. Lewis** and the Club, the **SPMST CAMP** concluded with campers admiring the South Gym wall of elite athletes who are **Mind Strong – Sport Strong**.

Every successful event is the product of the tenacious effort by special individuals. Sport Psychology Club members Andrew Herrera, Melissa Flores, and Sandrine Rangeon made significant contributions at putting this event together. However, special recognition goes to Club President, **Chris Hall**, and Vice President, **Sean Chamberlain**. Chris and Sean did an outstanding job as club leaders at fundraising, inspiring club members, gathering supplies, and keeping Dr. Lewis on track. So, the next time you see them, give Chris and Sean a pat on the back for all their hard work. 😊

Written by Dr. Dawn Lewis
April 12, 2010



The Power of Breathing & Relaxation



Stay positive. These cans will not fall.
We can do it!!



Andrew & Sandrine teaching goal setting.



Dr. Lewis brings the day to a close with a round of applause and some debriefing.