



the extra gear

Mental Toughness Training for Peak Sport Performance

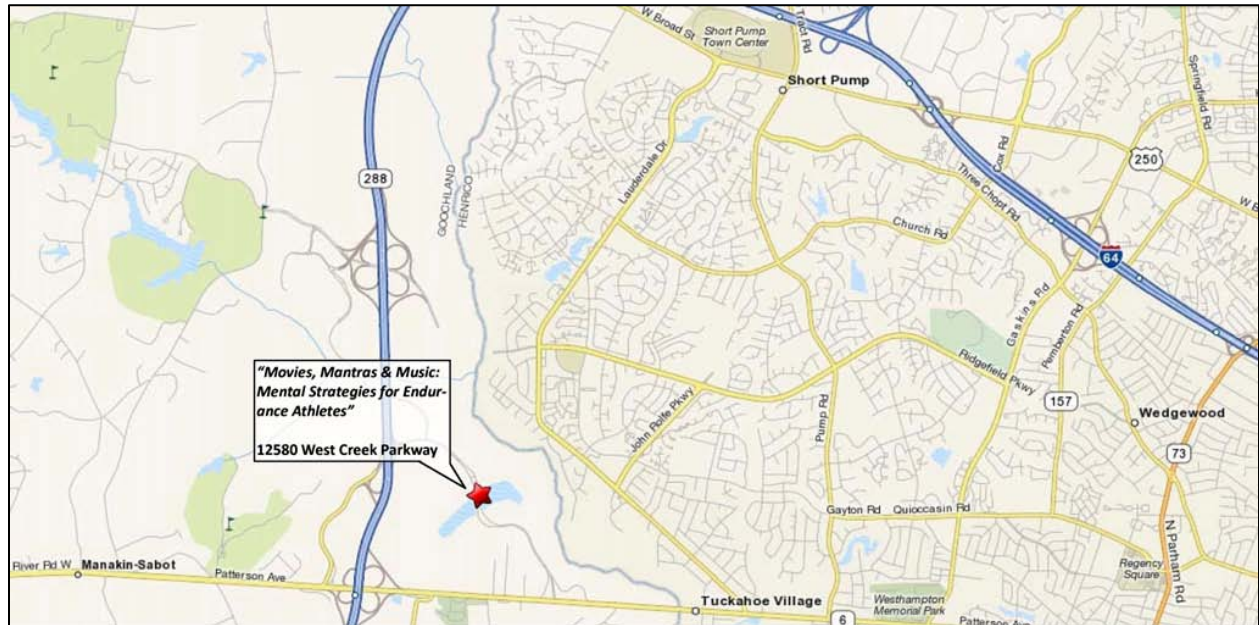
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Sport Psychologist Dana Blackmer of The Extra Gear Presents:

***"Movies, Mantras & Music: Mental Strategies For Endurance Athletes"
... and, oh yeah, maybe get on TV, too!"***

Athletes know that endurance sports requires both physical and mental toughness. Now you can learn some of the most powerful mental strategies to help you perform at your peak in your next race!

This clinic will teach you practical tips on how to use imagery and self-talk strategies to improve your race performance. In addition to receiving personalized instructions, you will also put your skills into practice, so bring your running shoes or your bike to take your new skills on the road.



Where: West Creek Business Park, across from the Virginia Farm Bureau. (this is at the turn around right up the hill from the pond. The Farm Bureau's address is 12580 West Creek Parkway. The GPS coordinates are N 37.61123, W 77.65.232).

When: Thursday June 24th from 10:30-11:30 am. Sorry for the inconvenient time, but it was necessary to accommodate the TV crew. Contact Dana@TheExtraGear.com if you have questions.

Part of the clinic will be filmed by a crew from WRIC Channel 8 and featured in their "Medical Minute" segment, so please dress in bright colors or your team kit! And please bring a friend!