

RBHS Foundation Presents

The Psychology of Sport: A Workshop for Parents

How parents can use the strategies and techniques in sport psychology to help their athlete navigate competitive athletics...and come out on top.

This workshop will teach the latest techniques and strategies for mental skills training that parents can apply at home. These practical techniques will enable you to help your athlete develop a foundation that they can build on to perform with more efficiency, confidence, and enjoyment. This workshop is designed to help you support your athlete's mental game and give you the tools necessary to assist them on their athletic journey to success. Topics covered:

- Diet, Nutrient and Hydration
- Brain function...what is really going in the minds of our athletes
- Practice and performance preparation that parents can do at home
- Goal setting for your athlete
- How to help your athlete handle adversity and develop coping skills
- Managing multiple sport and club sport athletes...time management, burnout, and motivation
- Q & A Session



Your instructor is Rachael Grant Dixon. She is a sport psychology consultant, coach and licensed Brain Gym® instructor living in San Diego, CA. Rachael's background is founded in education and athletics. She has a Bachelors degree in Physical Education from Seattle Pacific University, where she was also a successful intercollegiate athlete. In addition, she has a Masters degree in Sport Psychology from San Diego State University. She also has eight years of coaching experience at the club and high school level. Rachael believes that each athlete can play with more consistence and confidence when they practice and engage in mental skills training along with their physical training. Rachael has a private consulting practice in San Diego and is married to Jeremy and has two children, Miriam (age 7) and Isaac (age 1).

Date: Monday, September 13th

Time: 6:30 to 8:30pm

Cost: \$15.00* pre-paid \$20.00 at the door

Location: RBHS Library Projection Room (LPR)

*All ticket sales benefit the RBHS athletic team of your choice. For tickets, contact Rachael Grant Dixon at dangrant@rocketmail.com or see your team representative. **Make checks out to RBHS Foundation**