



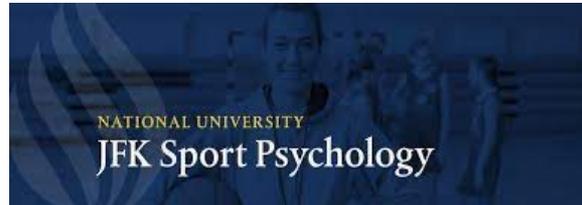
Monterey Condors Club

X

JFK Sport Psychology at National
University

(Program/Intern Services)

Mental Skills Training



Introduction



Rogelio Santiago (Roy)

- 08/09 boys silver coach
 - Coach Scott
 - Coach Raziel
- Youth Director

Education:

- B.A in Psychology from CSUMB
- Currently Working on my M.A in Sport Psychology

Athletic experience:

- Taft College Soccer
- CSUMB Soccer

Additional areas of experience:

- Counseling
 - Healthy Relationships
 - Anger management
 - Substance Abuse
 - Coping skills
 - Distress tolerance



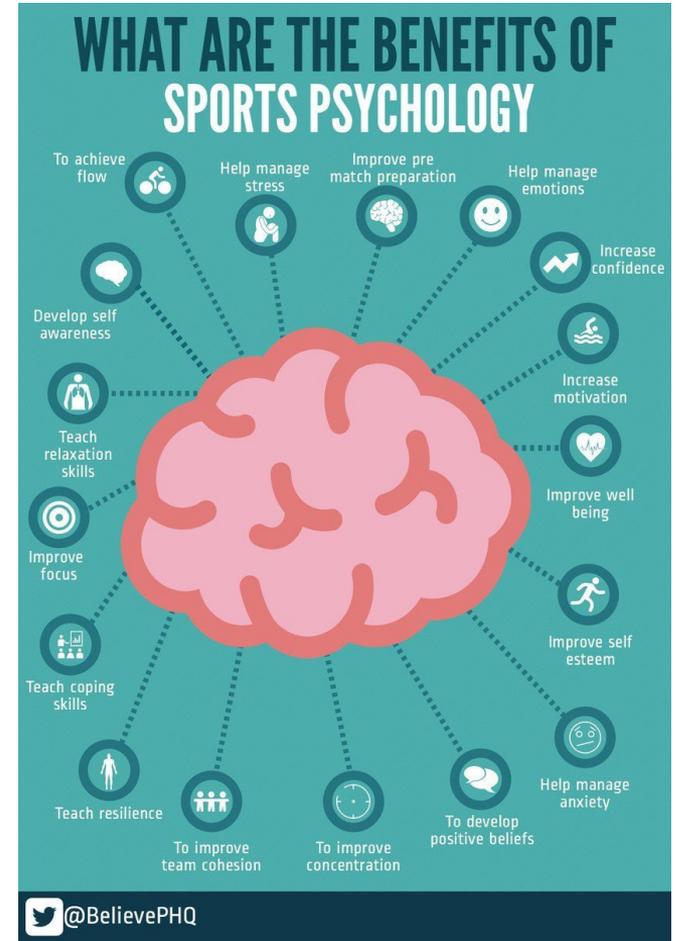
What is Sport Psychology?

How does the mind of an athlete work:

<https://youtu.be/s-ramVfV5gk>

Sport Psychology: The scientific study of people and their behaviors in sport and exercise contexts and the practical application of that knowledge.

<https://youtu.be/5LVy1iWk54o>



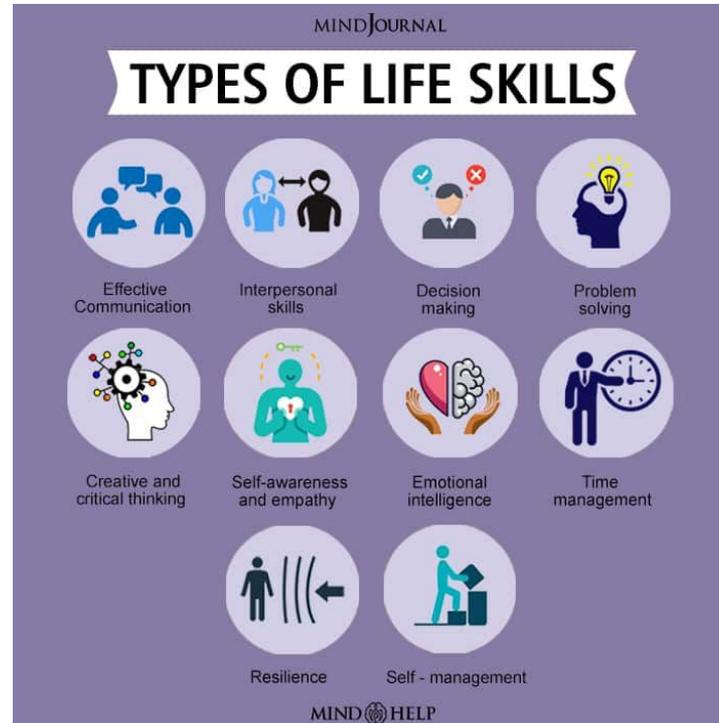
Mental Skills Training



Involves the systematic development and application of mental techniques and skills to enhance mental qualities that promote performance and well-being.

- Life skills focused

https://youtu.be/_jXQKRSSu7c





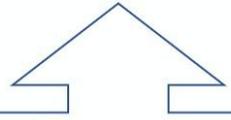
Mental
Techniques



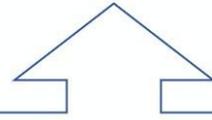
Mental
Skills



Mental
Qualities



Cognitive or practical techniques used to build mental skills and qualities (e.g., goal setting, breath control, action planning, reframing)



The capacity to regulate yourself (e.g., self-control, self-awareness, emotional control, handling pressure)



Positive characteristics displayed by or within an individual (e.g., confidence, self-worth, resilience,)



OPTIMIZING MENTAL SKILLS DEVELOPMENT



EDUCATION

EDUCATE FOUNDATIONAL MENTAL SKILLS

FOCUS
MINDFULNESS
GOAL SETTING

SELF TALK
CONFIDENCE
MOTIVATION

SELF AWARENESS

REFLECT **HOW** YOUR **EMOTIONS AFFECT** YOUR **PERFORMANCE**.

REFLECT ON BEST VS. WORSE PERFORMANCE

APPLICATION

LEARN TO **APPLY** THE MENTAL SKILLS
IN TRAINING AND IN COMPETITION

PRACTICE UNTIL BEHAVIOURAL
CHANGE IS ACQUIRED

EVALUATION

REFLECT ON THE PROCESS

EVALUATE AND REFINE THE PLAN

www.heidimalo.com

Partnership with JFK School of Sport Psychology At National University

2 Interns (Sammie & Kelli) are being assigned to Monterey Condors Club in order to work with our club and provide mental skills training.

How will it work?

- Interns will meet with 4-5 players per week for individual 1v1 session via Zoom or Facetime for a total of 12 weeks straight. (Depending on numbers per team, they can potentially have group sessions to work on building team cohesiveness)
 - Limited spots available
 - Requires full commitment from parents and players for full benefit of player and interns (hours needed to be met)
 - Session will run from 30 minutes to 1 hour max. (Average 45 minutes)
 - Video and sound will be required to be on at all times from the athlete.
 - Confidentiality will be enforced (AASP ethical guidelines).
 - Anything that's worked on with the athletes is kept confidential unless athletes authorizes for information to be shared with either parents, coaches or club.
 - Confidentiality will only be broken if there is threat to self or others.
 - Informed consent forms will need to be signed by parents



What we need from you?

- Please discuss with your child. We want them to also be interested and committed in order to have a good experience.
 - We want them to participate because they want to, not because they feel forced.
- If you and your child are interested, let us know right away so we can put you down on the list.
- Deadline to submit your interest and informed consent forms will be **Monday 3/21/22**
- Send email to either coach Mark, Marco or myself with players full name, best phone number, email, signed informed consent form and available times during the week in which they will be available.
 - montereycondorsdoc@gmail.com
 - montereycondorsacademysoccer@gmail.com
 - rsantiagocondorsclub@gmail.com



Questions?

