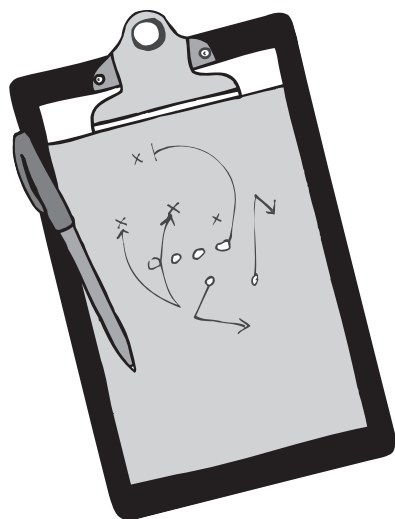


Sports education workshop



Sports psychology and skill acquisition – Sydney 2008

The subject of sports psychology explores the role of the mind in improving sports performance. Skill acquisition is study of how individuals learn motor skills.

All sports coaches and officials will benefit from having a better understanding of the processes by which athletes learn sports skills and how the mind can influence the performance of sports skills in different circumstances.

Presenter – John Crampton

John Crampton is a sport psychologist and has been involved with programs conducted by the AIS since 1983. He has worked with over 40 sports at the National team level and is the author of sport psychology material used in the National Coaching Accreditation Scheme.

John was a member of the medical support team for the Australian team at the Barcelona Olympics. He runs his own Sydney-based consultancy business which provides advice to organisations and training groups undergoing system changes

Who should attend?

Coaches with an interest in improving their knowledge of sports psychology as well as mental techniques to improve performance.

Seminar attendees are eligible for National Coaching Accreditation Scheme update points and credit towards the completion of the Intermediate general principles of coaching course.

All participants will receive a participation certificate.

Details

Date	Monday 30 June, 2008
Venue	Durack Meeting Room, Level 3, 6 Figtree Drive (NSWIS Building), Sydney Olympic Park. Entry via boom gate, Building A. Park in covered basement carpark and take lift to Level 3.
Time	6pm – 9.30pm (light supper provided)
Cost	\$40

How to enrol

- By phone** Call **13 13 02** and have your credit card details ready (Visa, Mastercard). For deaf, hearing and speech impaired people only, **TTY (02) 9006 3701**
- By fax** Complete the enrolment form, include your credit card details and fax to **(02) 9006 3888**
- By email** Send an email to info@dsr.nsw.gov.au with your registration details
- By mail** Complete the enrolment form, include either your credit card details, a cheque or a money order and mail to:
NSW Sport and Recreation, Client Service Centre, Locked Bag 1422, Silverwater NSW 2128.

For more information call

13 13 02

www.dsr.nsw.gov.au



