

Sports Psychology Tasmania



Emma Harris, Wednesday, 23 May 2012

Psychology services available to all our athletes and coaches throughout Tasmania...

Gymnastics can be one of the most physically demanding sports for athletes to endure. Physical ability is seen as the key to performance. Major emphasis is placed on developing the flexibility, strength, and endurance of the muscles and joints of the athlete, so that they can reach their performance needs and goals.

But what about the other aspect of an athlete's preparation and performance - the mental aspects of sporting performance.

Mental barriers and challenges are commonly experienced by athletes when training and performing in their chosen sports, and it is these mental aspects that can often determine the performance of a gymnast. Athletes "choking" under pressure, not coping with the competition demands, burnout, anxiety around performance, and an inability to maintain focus are all common experiences athletes have come up against while training and competing. Athletes often find themselves in situations where things are not working; they are putting in all the hard work physically, but are not achieving the goals and levels of consistency that they expect. In these situations, the mental side of sport may need flexibility, strength and endurance development. And it's not just athletes that encounter these issues - coaches can also experience mental barriers, which can be challenging when trying to develop an athlete's abilities.

Sporting performance is a personal experience, with many thoughts, emotions, and memories interacting in order for an athlete to perform and behave in particular way. Athletes are commonly unaware of these processes, and therefore may benefit from the building of awareness, the assessment of goals, and the commitment to taking action into managing their mindset and behaviours.

My name is Emma Harris, and I am a psychologist that works with athletes, teams, and coaches that may be experiencing situations similar to these. The skills you can obtain by working with a psychologist are beneficial not just to your gymnastics, but can also be a valuable tool in other aspects of your life.

For more information about psychology services, give me a call or shoot me an email if you would like to have a chat on how we can work together to ensure you take the next step in your sporting performance.

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