

MCA High Performance Centre



PRESENTS

“Sport Psych” Sessions

How much of the game – your game – is mental?

Once you reach a certain level of competency, the mental skills become as important as the physical skills, if not more so.

If you believe the difference between your best and worst performance was mental, then how much time do you spend practicing your mental game?

As a team, athlete or coach, you will receive a 90-minute counseling session with Louis Svenningsen, a sport psychology consultant and counselor who has worked with athletes of all ages in many sports, particularly curling.

Where: Thompson Curling Club (boardroom)

Cost: \$63.60/session (including GST)

Saturday, October 13th

Session times are: 1:00 p.m. to 2:30 p.m.
3:00 p.m. to 4:30 p.m.
5:00 p.m. to 6:30 p.m.
8:00 p.m. to 9:30 p.m.

Sunday, October 14th

Session times are: 8:30 a.m. to 10:00 a.m.
10:30 a.m. to 12:00 noon
1:00 p.m. to 2:30 p.m.

Time allocation is by a first-come-first-serve basis. Please register in advance by calling Colette Hykawy at 204-677-2426 or email at chykawy@shaw.ca