

CATHEDRAL BASKETBALL



MENTAL CONDITIONING PROGRAM

Mentor Program

Elite level athletes and coaches frequently utilize mental conditioning coaches to enhance physical training and gain an edge over competitors. The majority of Olympic teams have a mental training consultant on staff, and this service is becoming widespread among professional and collegiate teams. Our program is one of the few high school programs in the country that provides access to this type of service.

Common topics discussed as a part of mental training:

- Increasing mental toughness
- Setting realistic yet challenging goals that will reinforce commitment and passion
- How to develop and maintain motivation
- Focusing skills - ways to manage pain and fatigue, how to handle potential adversity
- Building confidence - how to deal with fears and failure
- Knowing how to regulate intensity and manage emotions
- How to transfer skills learned in sport to other aspects of one's life (e.g., academic performance)

ABOUT OUR CERTIFIED MENTAL CONDITIONING COACH

Melinda Houston, PhD, CC-AASP

Melinda is a certified mental conditioning coach and is on the U.S. Olympic Committee Registry for sport psychology. Originally from Glendale, California, she attended UCLA for her undergraduate degree, Cal State Fullerton for her masters, and the University of Tennessee for her Ph.D. She's a former 400m hurdler and is currently a competitive triathlete. She has helped high school, collegiate, Olympic, professional, and recreational athletes with the mental side of their sport performance. Melinda is also a professor in the Kinesiology Department at Occidental College and has taught classes such as sport psychology, psychology of injury, motor learning, and psychology of coaching.

For more information call (323) 441-3133

www.PhaNtomBasketball.org

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