



WSF COACHING CONFERENCE
 8TH WORLD SQUASH
 COACHING & DEVELOPMENT
 CONFERENCE
 SEPTEMBER 6 - 9, 2007
 CALGARY, ALBERTA, CANADA



WSF Coaches Answer the Question:
 What is the most important thing you know about mental training?

Comment	Coach	Country
<ul style="list-style-type: none"> Enjoy the experience & believe you can win 	Mike Johnson	England
<ul style="list-style-type: none"> Enhance self-awareness & perception of self To be realistic 	Ken Watson	Australia
<ul style="list-style-type: none"> Be constructive with your self-talk. The brain does not distinguish between "yes" & "no". If you say "don't hit the tin" you are saying "hit the tin". 	Jeff Williams	Canada
<ul style="list-style-type: none"> How players refocus (hand-wipe, blank stare) - erase the last point & get on with it. 	Gene Turk	Canada
<ul style="list-style-type: none"> A technique used for calming a player down - wiping a hand on the wall. 	Jonathon Hill	Canada
<ul style="list-style-type: none"> Visualization 	Arthur Hough	Canada
<ul style="list-style-type: none"> Breathing 	Eddie Murphy	Ireland
<ul style="list-style-type: none"> Not to let any outside influence to affect my belief. 	John Milton	England
<ul style="list-style-type: none"> Receptivity (athlete to coach's ideas) 	Shaun Moxham	Australia
<ul style="list-style-type: none"> That most players & coaches do not know a thing about mental training and what it means to them. 	Paul Selby	England
<ul style="list-style-type: none"> Not letting your personal life affect your game - once you are on the court it is time to play squash. 	Jarryd Senick	Canada
<ul style="list-style-type: none"> Stick to the game plan - focus. 	Robbie Wyatt	New Zealand
<ul style="list-style-type: none"> Play one point at a time. 	Lindsey Walters	New Zealand
<ul style="list-style-type: none"> Stay in the moment - focus. 	Kim Tunney	USA
<ul style="list-style-type: none"> The importance of having a between-point rally routine (mental thought process) to regain emotional control & 100% readiness to compete 	Karen Morissey	Australia
<ul style="list-style-type: none"> Be positive - positive thoughts 	Marie Desmarais	Canada
<ul style="list-style-type: none"> Positive thoughts before play 	Luis Merida	Guatamala
<ul style="list-style-type: none"> 10-second solution - between point routine 	Gail Ramsay	USA

<ul style="list-style-type: none"> • Deep breathing before & after a point; or game or match. • "It's just a game!" 	Leonard Lye	Canada
<ul style="list-style-type: none"> • Must want to want to play - enjoyment is the key 	Barb Cooper	Canada
<ul style="list-style-type: none"> • Must have FUN 	Thomas Troedsson	Sweden
<ul style="list-style-type: none"> • Every player has an emotional "number" at which they perform their best 	Ashley Read	Canada
<ul style="list-style-type: none"> • Know your player 	Kathy Lundmark	Canada
<ul style="list-style-type: none"> • Slow process - be persistent 	Jeff Boag	Canada
<ul style="list-style-type: none"> • Breathing - staying calm, relaxed 	Shauna Flath	Canada
<ul style="list-style-type: none"> • To be mentally prepared on ad of the court - power of positive play 	Richard Walcott	Barbados
<ul style="list-style-type: none"> • Belief that you can do it - that you can win • Focus on just the match - cut of the other external distractions 	Liz Addison	South Africa
<ul style="list-style-type: none"> • Self 1 and Self 2 - suppress Self 1 (Tim Galloway) 	Spider Jones	Canada
<ul style="list-style-type: none"> • Walking on to the court with a positive attitude - PMA (positive mental attitude) affects play in a good way. • Self-confidence, self-belief 	Karen Schmidt-Fellner	USA
<ul style="list-style-type: none"> • Refocusing during a match - holding racquet in non-playing hand, playing with strings, breathing patterns 	Joe Besso	Canada
<ul style="list-style-type: none"> • You must believe in yourself. You must think you can do everything because you deserve it. 	Juan Mendez	Mexico
<ul style="list-style-type: none"> • Learn to control emotions through controlling physical actions 	Jason Morris	Netherlands
<ul style="list-style-type: none"> • Learning about the game is a process that takes years 	Tara Newman	Canada
<ul style="list-style-type: none"> • Especially with kids - but across all age groups - always be positive - realistically 	David Mcalpine	Sweden