



The New England Skating Academy

Mental Skills Training Spring 2008

Newington Arena and The New England Skating Academy are proud to offer skaters the most important off-ice class we provide – Mental Skills Training. We are happy to be working hand in hand with Laura Miele-Conlon, Ph D to give our skaters the edge on their competition by working the most important muscle of the body – The Mind!

Laura holds a Doctorate in Sport Psychology and has a background in exercise physiology and physical education. She has extensive experience working with athletes of all sports including figure skating. Laura will be an invaluable tool for our skaters to build LIFE-LONG Skills in areas of:

- Relaxation
- Anxiety Management
- Mental/Training
- Self-Talk
- Goal Setting
- Mental Toughness

WHEN - Classes will be held every Wednesday Evening from 6:00PM – 7:00PM Starting February 27th. The classes will be held for a Ten (10) week cycle.

PRICE – 180.00 for the Ten (10) weeks



The New England Skating Academy
Mental Training Application

Athlete's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Competitive Level: _____

Test Level: _____

Mental Skills Training Session: _____ \$180.00

Total: \$ _____

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