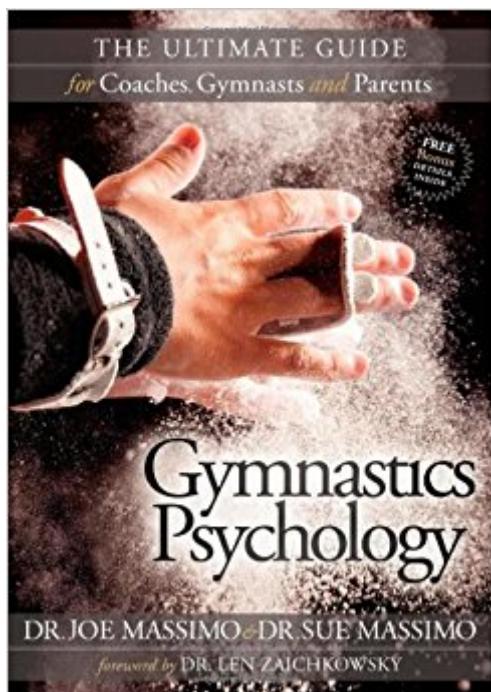


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# Gymnastics Psychology: The Ultimate Guide For Coaches, Gymnasts And Parents



## Synopsis

ARE YOU READY TO:Improve Your Team's Performances? Enhance Your Coaching Skills?Improve the Relationship with your Gymnast?Reach your Gymnastics Goals? If you answered "YES" to any of the questions above, then "Gymnastics Psychology" holds the keys to unlocking the potential to your success as a Coach, Gymnast, or Parent of a Gymnast! Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts, and Parents expertly captures the excitement of the field of sport psychology. Basic concepts and principles are explained then shows how they can be applied in the gymnastics training and coaching setting. In Gymnastics Psychology we will provide you with overviews, illustrations, strategies, and tips encompassing the major psychological and emotional aspects of gymnastics including:Gymnastic History & ResearchCoaching PsychologyCoach-Gymnast RelationshipsMotivationFear ManagementGymnastics HealthConfidence & Self-esteem Stress & AnxietyGoal SettingMental Gymnastics TrainingGymnastics Workout Meet Preparation and Competition Family, School and Peer Relationships For the first time, an entire collection of papers on "gymnastics psychology" by Drs. Joe Massimo and Sue Massimo is available to athletes, coaches, and parents across the globe. With over 100 combined years in the sport as gymnasts, coaches, judges, and psychologists, you'll find the answers to many of your questions and the keys to realizing your potential in the sport of gymnastics.Whether you are a beginning competitor or Olympian, coach or gym owner, judge or parent, Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts, and Parents provides you with definitive insight in the areas of psychological development and competitive behaviors that are critical to gymnastics success. Realize your Peak Potential!

## Book Information

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## Customer Reviews

In reading about the psychology of gymnastics, rest assured that you are learning from two of the very best in the world of gymnastics psychology. -Leonard Zaichkowsky, Ph.D., Boston University-Professor of Education and Graduate Medical Sciences, Consultant to NFL, NBA, NHL, and World Cup Soccer teams. Excerpt from Foreword in "Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts, and Parents." "Thank you [International Gymnast Magazine] for reprinting the 20 Commandments of Coaching. I think it's possible that the repeated publication of these 20 Coaching Commandments has had a greater positive impact on gymnasts in this country than anything you have ever published. ...and thank you to Dr. Joe Massimo for helping generations of young gymnasts train under the direction of teachers and coaches who are safe, effective, positive and gentle, because you touched their hearts." -Mr. David Holcomb, International Gymnast Magazine, 'Chalk Talk,' Nov. 2007) Learning to focus on performance instead of outcome is a skill that I have seen make champion gymnasts and drive success both personally and professionally. 'Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts, and Parents' immediately makes the "must read" list for parents and coaches of all sports. -Mr. Bob Colarossi, Marketing Director-Federation Internationale de Gymnastique (FIG), Past President-USA Gymnastics (USAG). Excerpt from "Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts, and Parents." Doc Massimo- you have changed a generation of coaches. I thank you and hope you carry on. Many people have seen my lecture on "Coaches and Educators" and I am turning it into a book. I really should re-name it to, "Everything I learned from Doc." -Tony Retrosi, USA Gymnastics Educator of the Year 2010, from his blog: Gym Momentum (2012). For my Competitive Team Parents, I recommend they read the articles in "Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts, and Parents." The sections for parents in this book will help educate them as well as help me to be able to communicate with them better on certain issues. -Patrick Palmer, Head Coach & General Manager, Massachusetts Gymnastics Center. A Testimonial from "Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts, and Parents."

"Gymnastics Psychology" takes a comprehensive look at the factors that are necessary for training champions while emphasizing concern for the athlete's psychological status, regardless of the level of achievement. The easy-to-follow articles cover the interpersonal relationships of

coaches and athletes, psychological issues pertaining to motivation and fear management, meet preparation and goal setting, as well as vital family, school and peer relationships. The authors provide definitive insight in the areas of psychological development and competitive behaviors that are critical to success.

I own a gym. I've got most of what Massimo has written over the years published in other forms. This is a comprehensive collection of the best sport psychology can offer. Everything is in one spot now. The book offers great insight to coaches, parents and gymnasts who just want to understand the sport better. Well written. This text will change the way to see the sport of gymnastics in a positive way - it's a great book!

Interesting information and great history of gymnastics and how training has occurred.

This is one of the best books out there for parents and coaches alike! When I purchased it the first time, it was well over this price! Extremely fast shipping! Great price! A must have!

Thank you! ;)

Must read

It's a good book, just not exactly what I thought it would be. Nonetheless, it's useful. Book arrived quickly and packaged well.

Gymnastics Psychology is the best book out there for delving into the many aspects of helping a gymnastics athlete make the most of their training and competition. There is something for everyone in this book: parents, athlete and coach. As a gymnastics coach, I have used many of these techniques for years to help gymnasts with fear, the biggest obstacle that any athlete faces. I am so pleased to see they are now in written form for many others to benefit from. If you are involved in gymnastics as a competitive sport in any way, this is a must for your library!

As a former gymnast and current coach, this book has proven to be a tremendous tool in understanding this sport and how to manage the obstacles and challenges as well as the successes and joys it can bring. The voice is one of experience, care, and a nice dose of reality. I recommend

this book to ALL parents and coaches of gymnasts who want to have the tools to provide the best experience to their athlete.

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