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# Ready to Play: Mental Training for Student-Athletes

*By Ron Chamberlain*



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**Ready to Play: Mental Training for Student-Athletes** By Ron Chamberlain

Sports/Sport Psychology

"What does it mean to be Ready to Play?"

Coaches and athletes understand the importance of being ready to play. In post-game interviews with the losing team, you will often hear players and coaches say, "We were not ready to play tonight." However, many competitors find it difficult to define mental readiness and a challenge to be ready to play each and every time they perform. *Ready to Play: Mental Training for Student-Athletes* is written to help athletes better understand what it means to be ready to play and how to create and maintain a positive mindset for performance.

By reading this book you will discover:

- § The building blocks for success in any endeavor
- § The three critical aspects of mental readiness
- § How to use proven mental training strategies to consistently perform well at practice and in competition
- § How mental training can be applied to life outside of sport

*Ready to Play: Mental Training for Student Athletes* is a must read for any college or high school performer. It presents valuable applied sport psychology information that can help any competitor enhance their performance competencies. Dr. Keith Henschen, Sport Psychology Consultant

Dr. Chamberlain has helped my team members realize their potential by following the principles set forth in *Ready to Play: Mental Training for Student-Athletes*. Patrick Shane, 3-Time NCAA National Coach of the Year in Cross Country, Coach of 4 NCAA National Championship Teams

*Ready to Play: Mental Training for Student Athletes* is simple and straightforward. I like the way Ron dissects each topic and makes it so easy to grasp. As a professional athlete, I read it regularly. It is not only for student-athletes. Leonard Myles-Mills, 2-Time NCAA National Champion in the 100M Dash, 2000 Olympian in Sydney, Australia

Reading and applying, *Ready to Play: Mental Training for Student Athletes*, is a must for athletes who are seeking to find success at any level. The information presented gives athletes an edge that can take them to higher levels of performance. Tara Northcutt, 7-Time NCAA All-American, NCAA National

## Champion in the 10,000M Run

Ron Chamberlain, Ph.D. is the Sport Psychologist at Brigham Young University. He has helped numerous athletes, coaches, and teams from a variety of sports excel in collegiate athletics. His approach to mental training is simple to understand, practical to apply, and useful in a variety of settings.

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### **Editorial Review**

#### **About the Author**

Dr. Ron Chamberlain has been providing sport psychology services for Brigham Young University student-athletes since August of 1996. He received both his Doctoral degree in Counseling Psychology and his Masters degree in School Psychology from Brigham Young University. He is a licensed Psychologist in the state of Utah. Dr. Chamberlain is a Certified Consultant through the Association for the Advancement of Applied Sport Psychology. He is also listed in the United States Olympic Committee Sport Psychology Registry, 1996-2000, which is a directory of qualified sport psychology specialists. He is currently a member of the American Psychological Association (APA), the Association for the Advancement of Applied Sport Psychology (AAASP), and the Association of Mormon Counselors and Psychotherapists (AMCAP).

Prior to working for the Athletic Department at Brigham Young University, Dr. Chamberlain worked as a counselor in the counseling centers at Brigham Young University, Utah Valley State College, and the University of Wyoming. In addition, he has worked for three years as a School Psychologist in the state of Utah. Dr. Chamberlain maintains a part-time private practice in sport psychology.

Dr. Chamberlain grew up in Steamboat Springs, Colorado. He competed in baseball, wrestling, track and field, football, and basketball. He earned All-State honors in basketball in 1982 and 1983. He played one year of basketball at Adams State College prior to serving an LDS mission to Cleveland, Ohio. Following his mission, he was a three-year starter on the Mesa State College basketball team. He was selected as the team captain his Senior year and was named to the Academic All-Conference and All District Basketball teams. Dr. Chamberlain was the Mesa State College Scholar-Athlete of the year in 1989.

Dr. Chamberlain is married to Jeannie Moses and they are the parents of Melisa, Quinton, Emily, Amanda, and Natalie. His hobbies include: reading, exercising, athletics, theater, music, and playing with his children.

### **Users Review**

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The reason? Because this Ready to Play: Mental Training for Student-Athletes is an unordinary book that the

inside of the reserve waiting for you to snap the item but latter it will distress you with the secret this inside. Reading this book alongside it was fantastic author who also write the book in such wonderful way makes the content on the inside easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your talent and your critical thinking means. So , still want to hold up having that book? If I were you I will go to the book store hurriedly.

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#### **Eugene Williams:**

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