



Gymnastics Psychology: The Ultimate Guide for Coaches, Gymnasts and Parents

Joe Massimo, Sue Massimo

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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 & Research**
- **Coaching Psychology**
- **Coach-Gymnast Relationships**
- **Motivation**
- **Fear Management**
- **Gymnastics Health**
- **Confidence & Self-esteem**
- **Stress & Anxiety**
- **Goal Setting**
- **Mental Gymnastics Training**
- **Gymnastics 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!

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