

Dr. Alan Goldberg

Mental Toughness & Peak Performance Clinic For Athletes, Parents & Coaches



Hosted by The Niantic Sportsmen's Club Junior Team

Date: Sunday, March 24, 2013

Venue: Old Lyme Senior Center, 26 Town Woods Road, Old Lyme CT 06371

Time: 10 AM—4 PM On site Registration: 9:30AM



“An internationally known expert in the field of applied sports psychology, Dr. Goldberg works with athletes and teams across all sports at every level, from professional and Olympic caliber right down to junior competitors. He was the sport psychology consultant to the 1999 NCAA Men's Basketball National Champion University of Connecticut Huskies, and the 2000 men's soccer NCAA champions. He is the former Sports Psychology Consultant for the University of Connecticut Athletic Department. Dr. Goldberg specializes in helping athletes overcome fears & blocks, snap out of slumps, and perform to their potential. His revolutionary new book, "This Is Your Brain On Sports: Beating Blocks, Slumps and Performance Anxiety for Good!" as well as his book, Sports Slump Busting (LLumina Press), are based on his extensive experience getting individual athletes unstuck and back on track.”

“Dr. Goldberg is a regular and popular presenter at coaches' clinics, colleges, and high schools across the country, as well as internationally.”

“Dr. G trains coaches at every level as well as parents to help insure that the relationships that they develop with their athletes/children are healthy and successful. Over the past 28 years, Dr. G has been committed to changing the landscape of youth sports through the education of coaches and parents, helping them understand what young athletes most need from the adults involved to feel and perform like winners.”

For more information on Dr. Goldberg, his publications & experience, visit [Competitive Advantage \(www.competitivedge.com\)](http://www.competitivedge.com)



www.facebook.com/DrGsportspsych
www.twitter.com/DrGsportspsych

Clinic Fee: \$50.00 per person

While Dr. Goldberg is working with Parents and Coaches, certified & nationally successful shooting coaches will be presenting various topics to the athletes. NO EQUIPMENT NEEDED however a RIFLE/SHOOTING JOURNAL and writing implements are recommended for all sessions during the day (for Parents & Coaches too) !

Registration in advance is appreciated.

Make checks payable to **Niantic Sportsmen's Club Juniors or Lisette Grunwell**

Registration & Info: Lisette Grunwell, 13 Boggy Hole Road, Old Lyme CT 06371
Telephone: 860-434-1846 (home) or 860-625-6218 (cell)
Email: lgrunwell@sbcglobal.net

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Schedule and Directions

Dr. Alan Goldberg Presentation Times

- 9:30 - 10:00 AM** On Site Registration
- 10:00 - 12:00 PM** Athletes' Clinic (Coaches and Parents welcomed to attend)
- 12:00 - 1:00 PM** Lunch (bring your own or there are a few places nearby less than 0.4 miles away: Illiano's & Coffee's Market)
-Coffee and water will be available all day.
- 1:00 - 2:15 PM** Parents' Clinic (Coaches welcomed to attend)
[Athletes in a shooting specific clinic]
- 2:30 - 4:00 PM** Coaches' Clinic (Parents welcomed attend)
[Athletes in a shooting specific clinic]

Shooting Specific Session (Lisette Grunwell-Lacey, Sid Martin & Kevin Winters)

- 1:00 - 4:00 PM** Athletes specific Shooting Clinics: Topics may include such topics as preparing for the Perry and USAS Nationals, SCATT & Dry Firing Training, Wind Reading, Nutrition, Journals, the new ISSF & USAS Rules clarifications and general topics on equipment maintenance and use.

Directions to Lyme's Senior Center: 26 Town Woods Road, Old Lyme, CT 063781

From Route CT-9 South: follow CT-9 Southeast towards I-95. Keep left at the fork and follow signs for US-1/I-95 N/New London/Providence and merge onto I-95N. Take Exit 70 for US-1 N/CT-156 W. Turn left onto CT-156 W/US-1 N/Shore Road. Take the 1st right onto US-1 N/Halls Road. Turn Left onto US-1/Lyme Street (Boston Post) go about 2.4 miles and turn left onto Town Woods Road. The Sr. Center will be on your left about 0.3 miles from the turn off US-1 (Boston Post Road).

From I-95 North (points south): follow I-95 Northeast toward Exit 70. Then follow the directions above (Route CT 9 S) from Exit 70 to the Sr. Center.

From I-95 South (from points north): Head Southwest on I-95 S towards Exit 72. Take Exit 70 "Four Mile River Road". Turn Right onto 4 Mile River Road and take to the end (1.4 miles). Turn Left onto US-1 S (Boston Post Road) and follow for about 2.1 miles. Turn Right onto Town Woods Road and the Sr. Center will be 0.3 miles to your left on this road.

