

# COACHING MENTAL SKILLS IN COMPETITIVE ATHLETES



FRIDAY JUNE 26 2015 | 1:00PM – 4:00PM | **FREE**

MARY OLAND THEATRE | NEW BRUNSWICK MUSEUM | 1 MARKET SQUARE

## GUEST SPEAKERS:

**Dr. David Scott, Ph.D.**

**Presentation entitled:**

### **A Mental Skills Toolbox for Coaches**

Dr. David Scott is an associate professor in the Faculty of Kinesiology at the University of New Brunswick. He teaches and does research in the area of sport and exercise psychology and the Globe and Mail has named him as one of the top professors teaching in Canada. He has also been a consultant with a number of sport teams and organizations and for the past six years has been the sport psychology consultant with the Montreal Canadiens. He has also worked as a consultant with teams in the American Hockey League, the Western Hockey League, the Ontario Hockey League, and Quebec Major Junior Hockey League. He is currently a sport psychology the Hamilton Bulldogs of the AHL, ERC Ingolstadt of the German Elite Ice Hockey League, and the Moncton Wildcats of the QMJHL.

**Dr. Ryan Hamilton, Ph.D. MSES.**

**Presentation entitled: Coaching Mental Toughness – Practical Strategies for Coaches to Grow Their Athlete’s Mental Game.**

Ryan holds a PhD from the University of New Brunswick in Sport Psychology and has also earned a Master’s degree in sport and exercise science. Dr. Hamilton is an assistant professor in the department of Psychology at the University of New Brunswick. Ryan is the lead sport psychologist with the Canadian Sport Centre in New Brunswick, works extensively with the UNB Varsity Reds programs, has attended the last three Canada Games with Team New Brunswick, and recently attended the Commonwealth Games with Team Canada. Ryan has consulted with athletes from more than 30 different sports including non-traditional sports such as lawn bowling and wrestling as well as mainstream North American sports like football and NHL hockey.

**There will also be a moderated panel discussion.**

Coaches will receive 3 NCCP Professional Development Points for participating in the full symposium  
For more information contact Greg Cutler, City of Saint John | 632-6107 | [Gregory.cutler@saintjohn.ca](mailto:Gregory.cutler@saintjohn.ca)

**Coaches are encouraged to register through the Coaching Association of Canada Locker.**

**They can register by selecting the following link:**

**<https://thelocker.coach.ca/event/public/5090578>**



[www.eastcoastgames.ca](http://www.eastcoastgames.ca)