

Ken Ravizza's Mental Training Room
Recommendations for Users

Welcome to Ken Ravizza's Mental Training Room! Thank you for contributing to such a wonderful cause.

We firmly believe that all of these resources will be of value and beneficial to you regardless of whether you are an athlete, coach, student of Sport Psychology, or a practitioner. However, we also understand that there is a lot of information to digest. Therefore, we have created this outline to help guide you to resources specifically intended for certain people first, with the hopes that you will then go back and review the other resources and information as well to gain as much wisdom as possible from the one and only Ken.

Information for Athletes and Coaches

Area	Section	Sub-Section	Item
Audio Recordings	General Mental Skills Audio		<ul style="list-style-type: none"> - Session with High School Coaches - Session with High School Athletes - Sport Psychology Course at Fullerton
	Relaxation Audio		<ul style="list-style-type: none"> - Point of Balance Relaxation #1 - Point of Balance Relaxation # 2 - General Relaxation Tape - Relaxation
	Imagery Audio		<ul style="list-style-type: none"> - Pitching Imagery Training for Baseball - Hitting Imagery Training for Baseball - Imagery for Student Athletes
	90% Mental Podcast		<ul style="list-style-type: none"> - Part 1: Josh Lifrak, Sue Enquist, Bob Tewksbury - Part 2: Justin Su'a, Charlie Maher, Graham Betchart - Part 3: Tom Hanson, John Savage, Alison Pope-Rhodiou - Part 4: Patrick Cohn, John Baker, Brian Cain
Video Recordings	Symbols, Props, and More		<ul style="list-style-type: none"> - Symbols - Props - 3 Tips for more Consistent Performance
	On-Field Baseball Training Videos		<ul style="list-style-type: none"> - Hitting - Pitching - Defense - Coaches - Team
	Sport Psych		<ul style="list-style-type: none"> - Confidence is Fragile

	Consulting Videos		
	Classic Videos		<ul style="list-style-type: none"> - Routines with Long Beach State Baseball - Mental Skills for Competitive Athletes
	The Final Interviews		<ul style="list-style-type: none"> - Heads Up Baseball 2.0 Book Launch - Transitioning to College Athletics
PDFs	Articles	Articles by Ken, Sport Psychology	<ul style="list-style-type: none"> - The Psychology of High Performance Track and Field - The Integration of Psychological Skills Training into Practice Sessions - Quality Practice - Striving for Consistency - Softball Coach's Guide to Mental Training - Secrets to Success - Relaxation Training for Athletes and Coaches - Passion and Commitment in Training - Nebraska's 3 R's - Mental Toughness - Mental Toughness for Power Sports - Mental Skills Training for Dressage - Making Practice Count - ESPN Article - Mental Game VIP Interview - How to Gain Self-Control in Baseball - Gymnastics Interventions - Guidelines for Keeping a Sport Journal - Developing the Ability to Concentrate in Sport Performance - Developing Concentration Skills for Gymnastics - Control of Emotions is Essential - Consistency in Athletic Performance - Conditioning the Mind - Concentration - Gymnastics and Hatha Yoga - Championship Performance - Applying Sport Psychology
		Articles by Ken, Sport Philosophy	<i>Written mainly for an academic audience, but consider reading these after reading some of the other resources</i>
		Articles by Ken, Performance Psychology	<ul style="list-style-type: none"> - Keep it Short and Simple (KISS) - Compensating and Adjusting to Loss - Clear your Mind to Clear the Way – Mental Preparation

		- Clear your Mind
	Memorial Articles	<i>Consider reading them all to honor Ken and to learn more about the lessons he taught those with whom he worked</i>
	Handouts: Athletes, Non-Specific	<i>All could be helpful</i>
	Handouts: Baseball Specific	<i>All could be helpful depending on your position</i>
	Handouts: Coaches Specific	<i>All could be helpful if you are a coach</i>
	Handouts: Performance Psychology	<ul style="list-style-type: none"> - Traffic Control - The Performance Pie - Mission to Excellence Interview - Mental Game of Sport Participation - Goal Selection – Key Questions - Fundamentals of the Mental Game - Fundamentals of Stress Management - A Sequoias Guide to Life