

Ken Ravizza's Mental Training Room
Recommendations for Users

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 Students and Professionals/Practitioners

Area	Section	Sub-Section	Item
Audio Recordings	General Mental Skills Audio		<ul style="list-style-type: none"> - Sport Psych Presentation - Ken Ravizza Interview - Sport Psychology Course at Fullerton
	Relaxation Audio		<ul style="list-style-type: none"> - General Relaxation Tape - Relaxation
	Imagery Audio		<ul style="list-style-type: none"> - 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-Rhodium - Part 4: Patrick Cohn, John Baker, Brian Cain
Video Recordings	On-Field Baseball Training Videos		<ul style="list-style-type: none"> - One of Ken's favorite interviews
	Sport Psych Consulting Videos		<ul style="list-style-type: none"> - Sport Psych Presentation at JFK (Parts 1-4)
	Classic Videos		<ul style="list-style-type: none"> - Mental Skills for Competitive Athletes
	A Glimpse of Ken as University Professor		<ul style="list-style-type: none"> - 40-year teaching career summary
	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"> - What Works when Working with Athletes - Striving for Consistency - Sport Psych Consultation Issues in Professional Baseball - Reflections and Insights from the Field - Nebraska's 3 R's One Play at a Time

		<ul style="list-style-type: none"> - Mental Toughness for Power Sports - Mental Skills Training for Dressage - Mental Game VIP Interview - Lessons Learned from Sport Psychology Consulting - Issues for the Sport Psychology Professional in Baseball - Increasing Awareness for Sport Performance (2006 & 1998) - Gymnastics Interventions - Gaining Entry - Developing Concentration for Gymnastics - Concentration - Gymnastics and Hatha Yoga - Cognitive Somatic Behavioral Interventions - Clinical Psychologist Sport Studies Specialist - Applying Sport Psychology - A Subjective Study of the Athlete's Greatest Moment in Sport - A "Mental Training" Approach to Performance Enhancement
	Articles by Ken, Sport Philosophy	<i>All could be helpful</i>
	Articles by Ken, Performance Psychology	<ul style="list-style-type: none"> - 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 hear more about his philosophy and approach to helping those with whom he worked</i>
	Handouts: Athletes, Non-Specific	<i>All could be helpful</i>
	Handouts: Baseball Specific	<ul style="list-style-type: none"> - Use of Routines to Aid in Performance Consistency - The Mental Game of Hitting - Mental Training of Softball Pitching - Goal Setting - Baseball Team Mental Training Feedback
	Handouts: Coaches Specific	<i>All could be helpful if you are working with coaches</i>
	Handouts: Performance Psychology	<ul style="list-style-type: none"> - Performance Enhancement Consulting Excellence - Mission to Excellence Interview - Mental Game of Sport Participation

			<ul style="list-style-type: none">- Major Shifts in My Work Overheads- Goal Selection – Key Questions- Fundamentals of the Mental Game- Fundamentals of Stress Management- Focus Training Grid- A Sequoias Guide to Life
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