

Mental Skills Training: High-Performance for Mind & Body



The mind controls the body—if you're not training the mind—then you're not really training!

Ron Jones has presented health and fitness-related topics at state and national events including the U.S. Olympic Training Center where he presented *Mental Skills Training* for the 2003 USA Track & Field Elite Development Camp.

Ron has a MS in Kinesiology/Sport Psychology from CSU, Northridge and a BA in PE/English. He is a certified Health/Fitness Instructor with American College of Sports Medicine, licensed corporate Wellcoach, licensed USA Cycling Coach, and a professionally credentialed teacher.

As an athlete, Jones has set numerous course records in endurance sports of Biathlon and cycling. He is a two-time Biathlon All-American and two-time Race Across America Champion—a 3,000 mile cycling event. His 1996 RAAM team set a transcontinental record that remains unbroken.

Through education and experience, Ron has learned the essentials of Mental Skills Training that can benefit all athletes regardless of age or ability. You can learn what athletes from the Olympic level to youth sports are using successfully to enhance optimal physical/mental performance and enjoyment!

These powerful interventions are presented in a fun and relaxed workshop complete with a Mental Skills Training Workbook.

Presentation Cost: \$25.00 per person *Includes Free MST Workbook (Minimum Group Size=20)

Travel expenses extra. Please contact for specific cost.