

# Athletes: Get a Mental Edge

Marin Cyclists presents:

## “The 5 Core Skills of Mentally Fit Athletes”

A presentation and discussion with

**Marvin Zauderer, MFT**

Thursday, June 5, 2008, 7:00-8:30 pm

San Rafael Corporate Center, Tamalpais Room  
750 Lindero (at 2<sup>nd</sup>), just off Hwy. 101 in Central San Rafael

A benefit for the NorCal High School Mountain Bike League

Free for Marin Cyclists and NorCal HS MTB League Members  
\$10 (or more, if you can) donation at the door for all others.

Please RSVP to [marvinz@pobox.com](mailto:marvinz@pobox.com).



At all levels of sport, mental fitness often sets athletes apart from competitors. Overcoming nerves and staying focused are only two of the many mental skills honed by successful athletes. In this talk, Marvin will present steps that all athletes can take to strengthen important mental skills. Whether you're a competitive athlete, recreational athlete, coach, or parent of an athlete, this presentation will give you tools that you can use.



In his sport psychology practice, Marvin Zauderer works with amateur and professional athletes from all sports on the mental skills needed for success. Marvin leads the Mental Training program at Whole Athlete, a performance center in Marin County that provides a comprehensive set of coaching, consulting, fitting, and testing services to athletes. He is a licensed psychotherapist in private practice, competitive athlete, certified coach, and sport psychology columnist. His website is <http://www.marvinz.com/>.

