

Sport Psychology Talk



Invitation to Blackheath & Bromley Harriers AC's Coaches, Team Managers and Athletes aged 16+

The Trustees, Executive Committee and Parents' Council of Blackheath & Bromley Harriers AC would like to invite all B&BHAC coaches, team managers and athletes over the age of 16 to attend a talk about Sport Psychology.

The event will take place at the Clubhouse:
The Sydney Wooderson Centre, 56 Bourne Way, Hayes, Kent BR2 7EY
on **Friday, 12 October 2018, from 7.30 – 9.00pm.**

The talk will be given by James Beale, Senior Sport Psychologist at The University of East London. James, who lives locally, has been at the university since 2002 and during that time has worked with Essex County Cricket Club as their club psychologist at both academy and professional level. He has also worked in the Premier Football League, Elite League Speedway and most other sports. In terms of athletics, he was the sport science lead for the Tessa Sanderson Sports Academy where Clarence Callender was the lead coach (2006-2008) and is currently the sport psychologist to the UEL Scholar Athletes which include several international athletes.

The talk will focus on new types of psychology where athletes become more aware of their strengths, rather than their weaknesses, and how to utilise them to improve performance.

Following the talk there will be a Q&A session.

The bar will be open for liquid refreshments.

If you intend coming to the talk please advise Paul Patten at pdpatten@outlook.com.